

December 2024 Wellness Tip: Stretch Break

We hope you had a wonderful Thanksgiving break! For many, the first half of December can be one of the busiest and most stressful times of the year. To help you prepare for the challenges ahead, we'd like to share a short and simple video about stretching exercises you can do right from your chair. These stretches are easy to practice in the office or classroom and are super convenient for relieving tension and staying refreshed.

<https://www.youtube.com/watch?v=EBxV9YDEtAk&t=1s>

Stretching can have a big impact on how we feel mentally. It helps relax tight muscles, which can lower stress and make us feel happier by releasing feel-good chemicals in the body. Stretching also improves blood flow, sending more oxygen to the brain and helping us think more clearly. It can calm the body and mind, making us feel less anxious. When done slowly and with focus, stretching can feel like a form of meditation, helping us feel peaceful and balanced.

Here's a picture of a back-stretching exercise that's easy to try. Feel free to print it out and keep it at your office or study desk as a helpful reminder to take quick stretch breaks during your day!

