



Stretch Your Worries Away

Let's Get Stretching!

Goal: Take a few minutes each day to stretch. Hold each pose for five deep breaths.

Tip:

- Stretch your arms as far as you can above your head and hold.
- Stretch your neck, from one side to the other, as far as you can and hold.
- Stretch your legs one at a time, stretch forward slowly and then stretch backwards as far as you can and hold

Why is this important? Starting and finishing off our day with simple stretching exercises can help us cope with everyday unexpected incidents and stresses. Note: Only stretch as far as you feel comfortable, do not over extend.

References: Moreira, R., Akagi, F., Wun, P., Moriguchi, C., & Sato, T. (2012). Effects of a school-based exercise program on children's resistance and flexibility. *Work*, 41, 922–928. <https://doi-org.uwinnipeg.idm.oclc.org/10.3233/wor-2012-0264-922>

Caregiver Handbook: Stretching Exercises, Physical & Mental Wellness