



# 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