



Stretches to

DESTRESS

Use these stretches to break up study and
writing sessions

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WHAT HAPPENS WHEN WE SIT FOR TOO LONG?

A QUICK REFERENCE GUIDE

1

Our posture is compromised

Leaning over to read or write can give us tense shoulder, neck & back muscles. Shortened hip flexors from sitting can also cause lower back pain.

2

Our circulation is affected

Our brains need a fresh supply of oxygen to stay alert and healthy - this is why it's hard to focus when we have been sitting for a long time.

3

Our mood is affected

Perhaps it's the increase in aches and pains from sitting or the isolation that occurs, but research shows that sitting for too long can increase depression & anxiety.

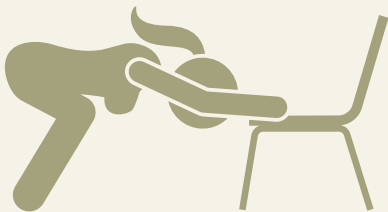
Source: Michelle Kilpatrick, Kristy Sanderson, Leigh Blizzard, Brook Teale, Alison Venn, Cross-sectional associations between sitting at work and psychological distress: Reducing sitting time may benefit mental health, Mental Health and Physical Activity, Volume 6, Issue 2,

STRETCHES TO GET MOVING!

A QUICK REFERENCE GUIDE



Our spines are designed to move in all directions - incorporate gentle forward folds, backbends, side stretches, and twists



SELF-CARE CHECKLIST

TICK THE THINGS YOU'VE DONE RECENTLY

- ☐ Stretch all your muscles
- ☐ Organize your closet
- ☐ Drink more water
- ☐ Eat nutritious meals & snacks
- ☐ Drink a green juice
- ☐ Cook your favorite meal
- ☐ Listen to your favorite song
- ☐ Go for a walk in nature
- ☐ Go to bed earlier
- ☐ Take a nice bubble bath
- ☐ Go for a morning walk
- ☐ Dip your feet in warm water
- ☐ Eat your favorite dessert
- ☐ Start a new hobby
- ☐ Get some sunlight
- ☐ Create your ideal future
- ☐ Go on a solo date
- ☐ Give yourself a break



NOTES

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2022