

CHAIR YOGA

Working a few mindful movement breaks into your daily routine can do wonders for your stress levels. As with any practice, consistency is key.

Set an alarm on your phone or recurring calendar appointment to remind yourself to take self-care breaks. Then pause, notice the effects, and return to your tasks with calmness and clarity.

Here are some ideas for breath and movement that can bring some relief.

SIT UP STRAIGHT

Learn to pay attention to how you are sitting. As often as you can, bring your attention to your spine and notice its shape.

When you notice your spine is curved toward your desk, make a conscious effort to pull the crown of your head toward the ceiling, roll your shoulders back and down, and pull your navel toward your spine. Once you have adjusted your spine to be long and tall, pause there, and take a few deep nourishing breaths.



DEEP NOURISHING BREATHS



Sit tall. Close your eyes if you can or want to. Inhale to the slow count of four, then exhale to the slow count of four. Place one hand on your belly and one hand on your heart if you want to and notice the rise and fall of your breath.

Don't think about the task you just did or the task you are doing next. Just observe your breath. Repeat two more times.

TAKE 3 NOURISHING BREATHS
this is a good place to be

IF YOU HAVE EXTRA TIME MOVEMENT

1

2

3

4

5

1 Shoulder Stretch



Raise both arms high overhead. Bend your left elbow and rest your left hand at the nape of your neck. With your right hand gently pull your left elbow toward the right. Keep your ears aligned over your shoulders. Hold the position while taking three deep breaths. Repeat on the other side.

2 Side Stretch



Clasp your hands in front of you, turn them inside out, and press your palms toward the ceiling keeping your arms long. Align your ears over your shoulders. Bend toward the right, feeling your left side ribs spreading open. Take two or three deep breaths. Repeat in the other direction.

3 Seated Twist



Sit tall and elongate your spine. Using the arm of your chair as leverage, twist your upper torso to the right looking over your right shoulder. Hold for two or three deep breaths. Repeat to the other side.

Cross your right ankle over your left knee and flex your right foot. Gently fold forward. You can increase the stretch if you want to by using your right hand to add some gentle pressure to stretch the outer right hip. Take three deep breaths. Repeat on the other side.

4 Figure Four Stretch



5 Shoulder Rolls



Start with a long spine. Lift both shoulders up toward your ears, then take them back, down and forward in a slow rotation. Do three repetitions. Then reverse the movement: bring your shoulders up toward your ears, then bring them forward, down and back. Repeat two more times.

CLOSE YOUR EYES NOTICE HOW YOU FEEL

MIND & BODY CONSCIOUSNESS

Are you more alert? Calmer?
Breathing more deeply? Are you
feeling your circulation pick up?

PAUSING after practice shows you how to pay attention to what your body is telling you

Akimeka values our relationships with our employees, clients, and industry partners so much that we believe

Your Mission Is Our Mission.

We focus on creating a culture of camaraderie where health and wellness are of heightened priority.

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