

Create a

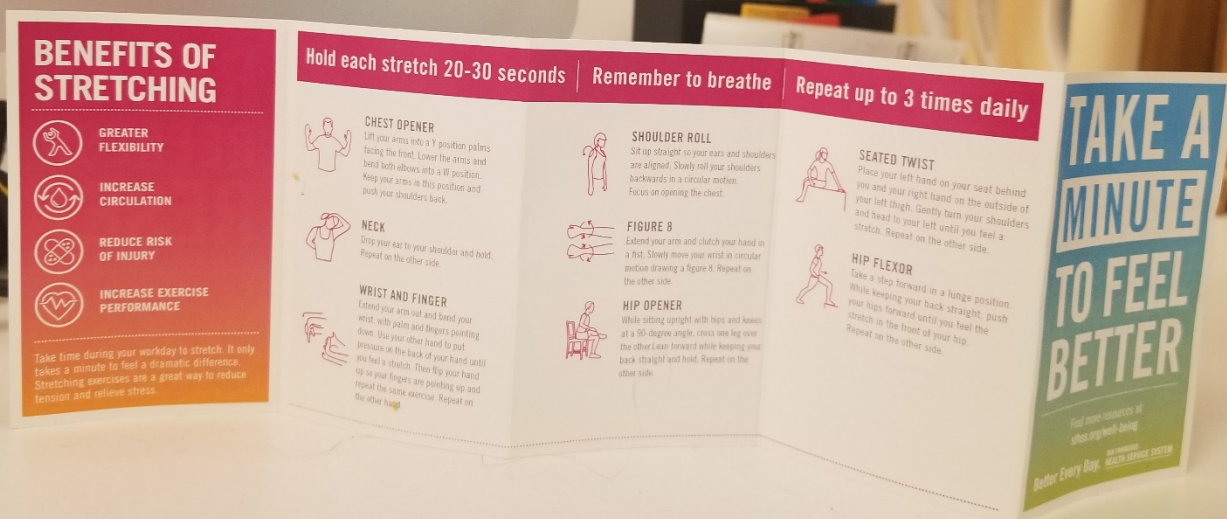
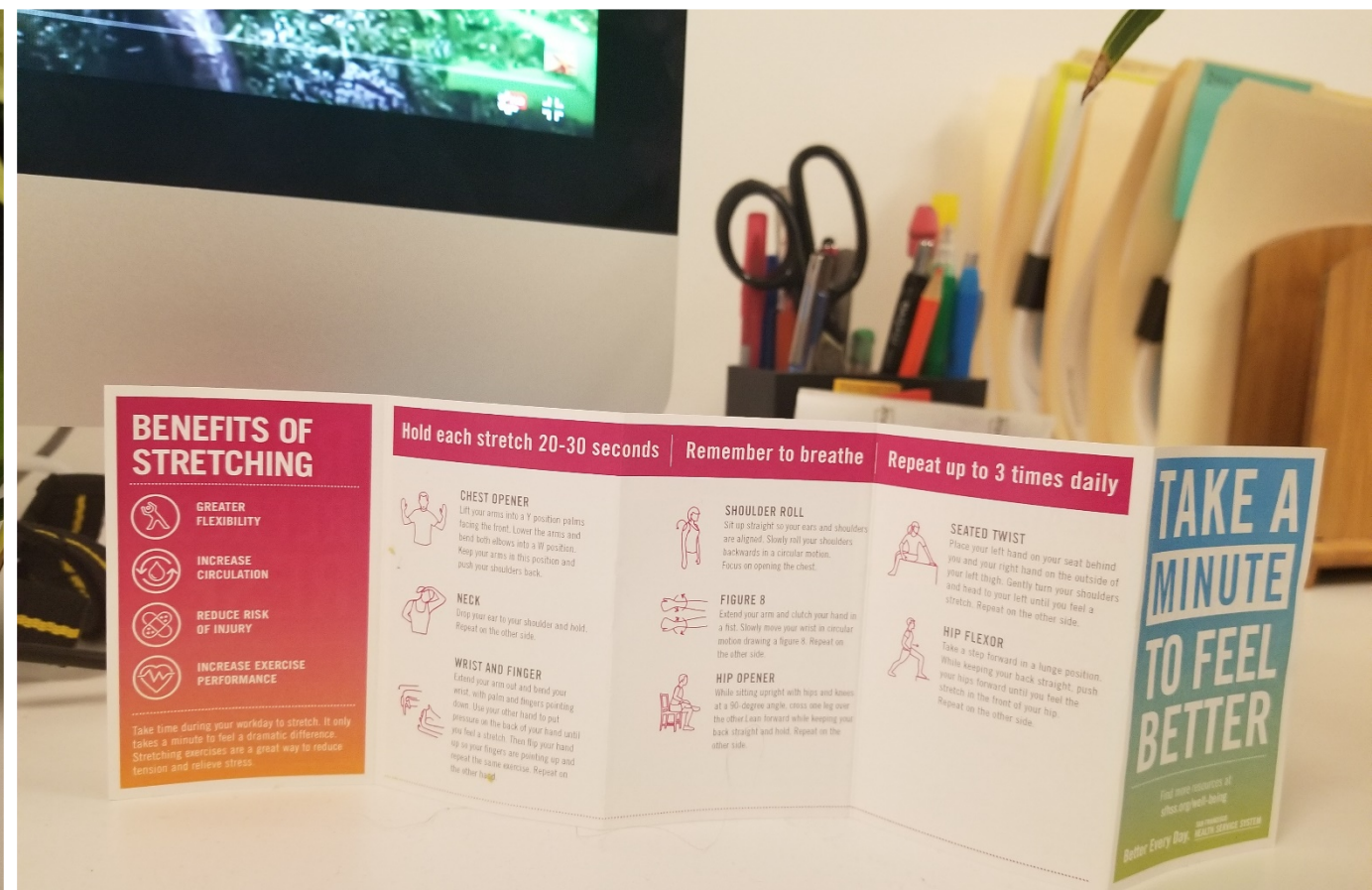
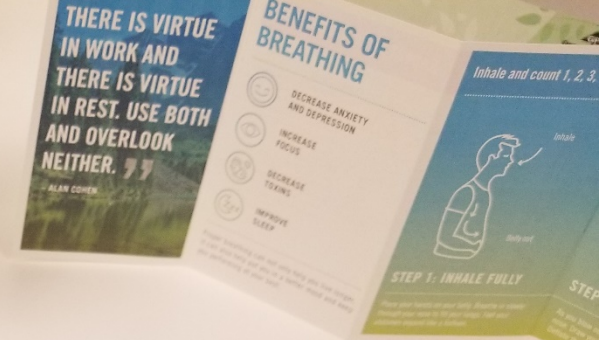
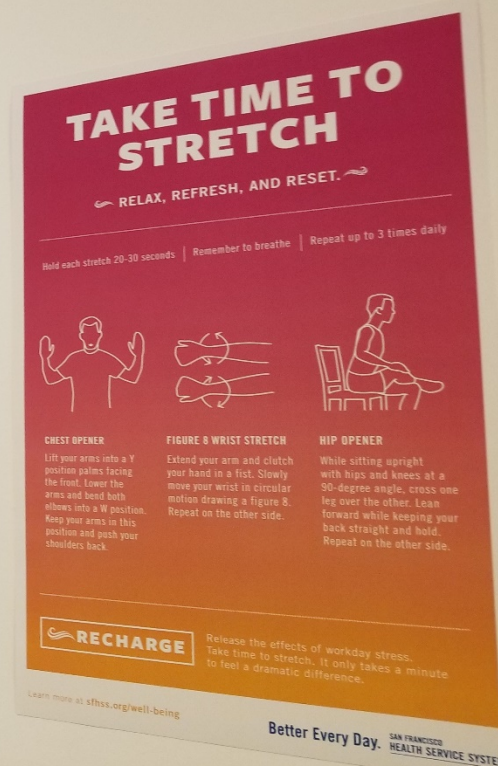
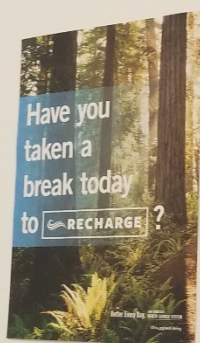
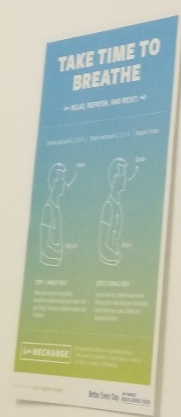


Space



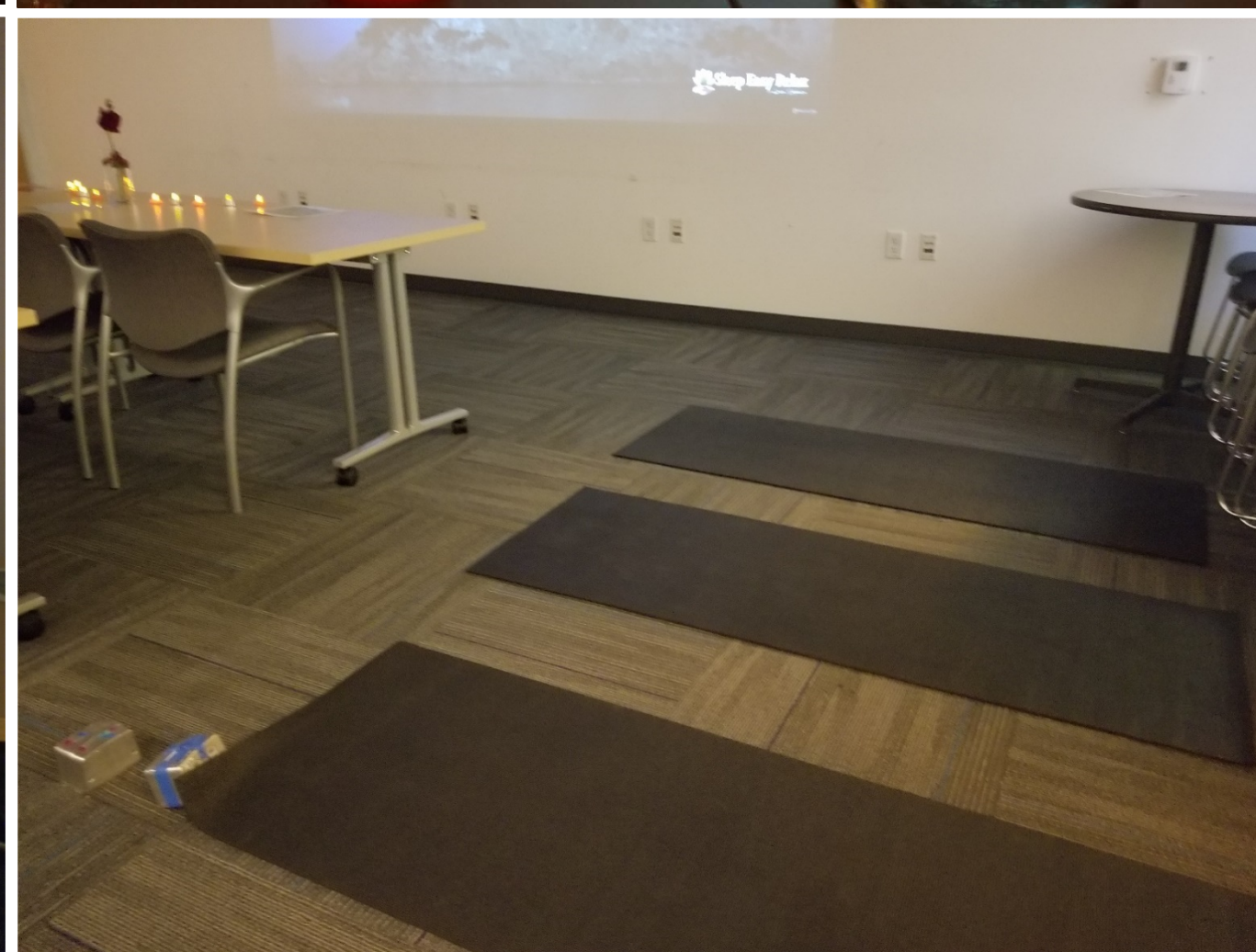
Desk

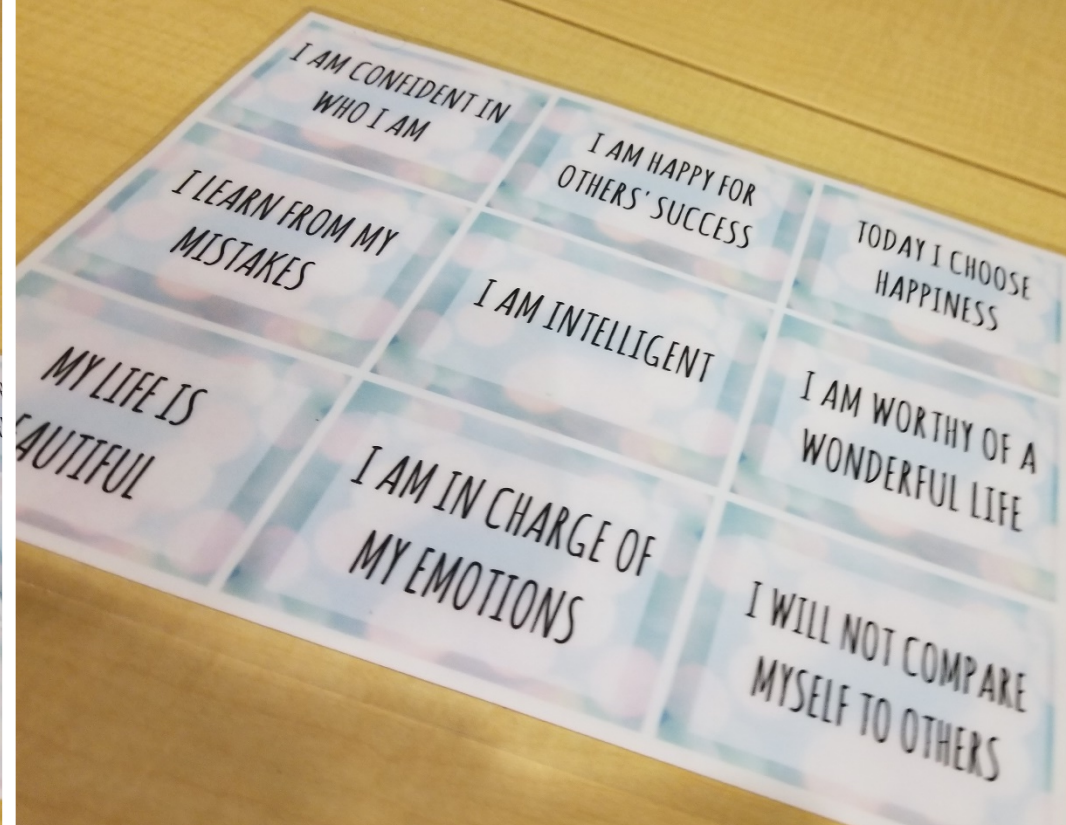
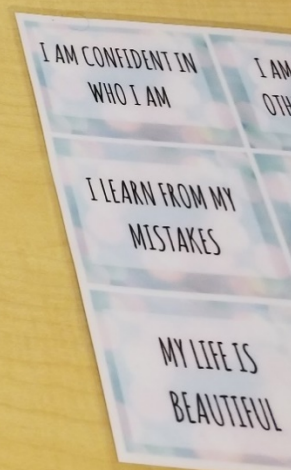
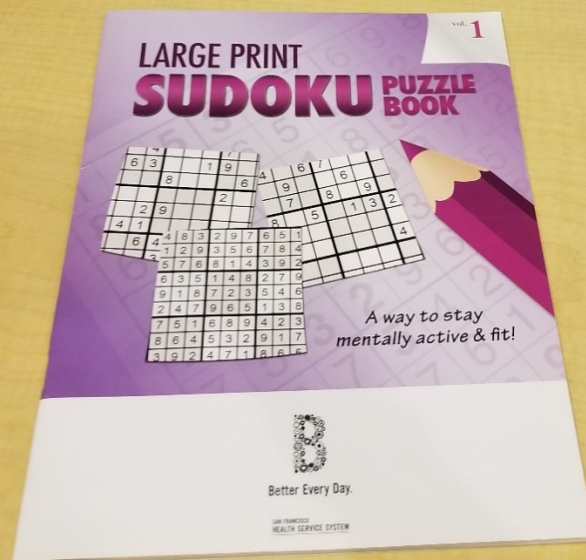






Conference Room







Changing/lactation room



TAKE A MINUTE TO BREATHE

TAKE A MINUTE TO BREATHE

RELAX, REFRESH, AND RESET.

Inhale and count 1, 2, 3, 4 | Exhale and count 1, 2, 3, 4 | Repeat 5 times



STEP 1: INHALE FULLY
Place your hands on your belly. Breathe in slowly through your nose to fill your lungs. Feel your abdomen expand like a balloon.

STEP 2: EXHALE FULLY
As you blow out, slowly release the air through your nose. Draw your belly button back toward your spine. Deflate the imaginary balloon.

RECHARGE Release the effects of everyday stress. Take time to breathe. It only takes a minute to feel a dramatic difference.

Learn more at afhsa.org/well-being **Better Every Day.** THE UNIVERSITY OF CALIFORNIA HEALTH SERVICES SYSTEM

RECHARGE

TAKE A MINUTE TO RECHARGE

DID YOU KNOW?
TOP 3 STRESSORS FOR ADULTS IN THE UNITED STATES:
\$ MONEY + 👤 FAMILY + 🏠 HOME = 😊 STRESS

75% OF EMPLOYEES EXPERIENCE STRESS
80% OF CITY EMPLOYEES SAY THEY WANT TO COPE BETTER WITH STRESS

Release the effects of everyday stress. Simply take time to breathe and stretch. When practiced regularly, these exercises can help you reduce stress in this face of life's everyday challenges.

BENEFITS OF BREATHING

- INCREASE ANXIETY AND DEPRESSION
- IMPROVE SLEEP
- INCREASE ENERGY
- IMPROVE COORDINATION
- IMPROVE FLEXIBILITY
- IMPROVE CIRCULATION
- IMPROVE FOCUS
- IMPROVE PRODUCTIVITY

BENEFITS OF STRETCHING



RECHARGE Release the effects of everyday stress. Take time to stretch. It only takes a minute to feel a dramatic difference.

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TAKE A MINUTE TO STRETCH

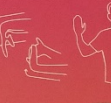
TAKE A MINUTE TO STRETCH

RELAX, REFRESH, AND RESET.

Hold each stretch 20-30 seconds | Remember to breathe | Repeat up to 5 times daily



NECK
Drop your ear to your shoulder and hold. Repeat on the other side.



WRIST AND FINGER
Extend your arm out and bend your wrist, with palm and fingers pointing down. Repeat on the other side.



CHEST OPENER
Lift your arms into a Y position, palms facing the front. Lower the arms and bend both elbows into a W position. Repeat on the other side.

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IT IS OK TO TAKE A BREAK

Breathe in.
Breathe out.
Move on.

When you own your breath, nobody can steal your peace.

