

“
THERE IS VIRTUE
IN WORK AND
THERE IS VIRTUE
IN REST. USE BOTH
AND OVERLOOK
NEITHER.”

— ALAN COHEN

BENEFITS OF BREATHING



DECREASE ANXIETY
AND DEPRESSION



INCREASE
FOCUS



DECREASE
TOXINS



IMPROVE
SLEEP

Proper breathing can not only help you live longer, it can also help put you in a better mood and keep you performing at your best.

Inhale and count 1, 2, 3, 4

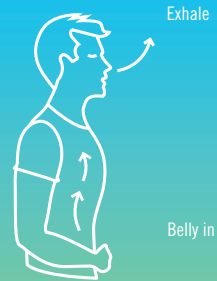
Exhale and count 1, 2, 3, 4

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.

RELAX
REFRESH
RESET

 RECHARGE

BENEFITS OF STRETCHING



GREATER FLEXIBILITY



INCREASE CIRCULATION



REDUCE RISK OF INJURY



INCREASE EXERCISE PERFORMANCE

Take time during your workday to stretch. It only takes a minute to feel a dramatic difference. Stretching exercises are a great way to reduce tension and relieve stress.

Hold each stretch 20-30 seconds

Remember to breathe

Repeat up to 3 times daily



CHEST OPENER

Lift your arms into a Y position palms facing the front. Lower the arms and bend both elbows into a W position. Keep your arms in this position and push your shoulders back.



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. Use your other hand to put pressure on the back of your hand until you feel a stretch. Then flip your hand up so your fingers are pointing up and repeat the same exercise. Repeat on the other hand.



SHOULDER ROLL

Sit up straight so your ears and shoulders are aligned. Slowly roll your shoulders backwards in a circular motion. Focus on opening the chest.



FIGURE 8

Extend your arm and clutch your hand in a fist. Slowly move your wrist in circular motion drawing a figure 8. Repeat on the other side.



HIP OPENER

While sitting upright with hips and knees at a 90-degree angle, cross one leg over the other. Lean forward while keeping your back straight and hold. Repeat on the other side.



SEATED TWIST

Place your left hand on your seat behind you and your right hand on the outside of your left thigh. Gently turn your shoulders and head to your left until you feel a stretch. Repeat on the other side.



HIP FLEXOR

Take a step forward in a lunge position. While keeping your back straight, push your hips forward until you feel the stretch in the front of your hip. Repeat on the other side.

TAKE A MINUTE TO FEEL BETTER

Find more resources at
sfhss.org/well-being

Better Every Day. SAN FRANCISCO
HEALTH SERVICE SYSTEM