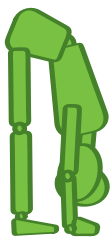


Quick Tips to Feel Physically Energized

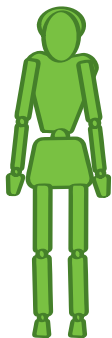
Stretch

Stretching is the best way to restore blood flow to your muscles after you have been still for a long period. Try practicing Ragdoll and shoulder/neck exercises—two useful ways to stretch that you can practice anywhere. Choose your stretch and close your eyes, take a few deep breaths, relax into the posture and hold for 60 seconds.

Ragdoll



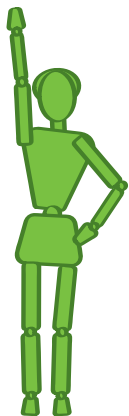
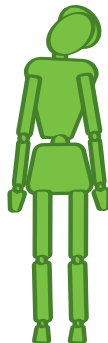
This yoga pose helps increase blood flow to the brain, which is a great way to clear your mind. Stand up straight, close your eyes, take a few deep breaths, then bend forward at the waist and hold for 60 seconds. Let your head hang heavy, arms fall toward the ground and hips reach to the ceiling.



Shoulder and neck stretches

1. Stand or sit with your arms at your sides. Bring your shoulders up toward your ears. Hold for four seconds and release. Repeat three times.

2. Let your chin fall to your chest. Slowly roll your head down and around making a complete circle. Repeat in the opposite direction moving slowly. Repeat in each direction.



3. Reach your right arm upward as if you were trying to touch the ceiling. Reach for eight to 10 seconds. Reach with your left arm. Alternate reaching with your right and left arm three times.

Eat something

Maintaining your blood sugar levels can help you control your focus, temper and energy. Plan ahead to take breaks for power snacks, which include a protein, fat and carbohydrate. Try these power-snack combinations:

- ✓ Handful of nuts and a banana
- ✓ Apple slices and nut butter
- ✓ String cheese and crackers
- ✓ Hummus and carrots

Drink something

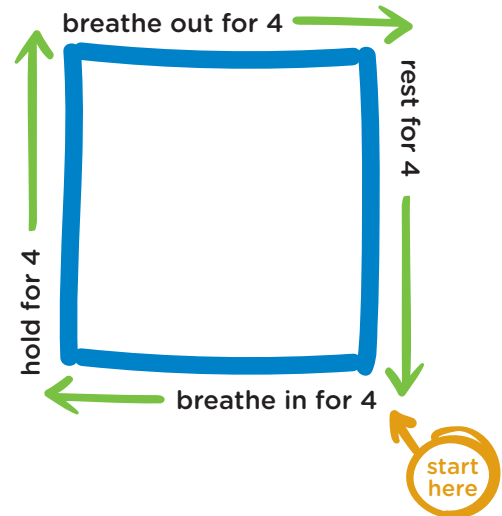
Hydration is important under usual circumstances, but even more so when you're stressed. In the morning, grab a cup or water bottle and refill it throughout the day. You need at least 64 ounces of water every day; however, exercise, stress and humidity will increase your daily need.

Deep breathing

Unlike normal breathing, taking deep breaths encourages us to slow down and pay attention to our body as we inhale and exhale. Deep breathing improves our ability to focus and better handle our emotions by lowering our heart rate, allowing our muscles to relax, and calming our mind and body.

Square breathing

- Start at the bottom right of the square.
- Breathe in through your nose for 4 counts as you trace the first side.
- Hold your breath for 4 counts as you trace the second side.
- Breathe out of your mouth for 4 counts as you trace the third side.
- Rest for 4 counts as you trace the final side.
- Repeat several times or until you feel your body relaxing.



Triangle breathing

- Start at the bottom left of the triangle.
- Breathe in through your nose for 3 counts as you trace the first side.
- Hold your breath for 3 counts as you trace the second side.
- Breathe out of your mouth for 3 counts as you trace the final side.
- Repeat several times or until you feel your body relaxing.

