

Everyday Mindfulness and Movement for Stress Management

With Jenn Gebhart

December 11, 2023

1. While waiting for your coffee or tea to brew:

Side Bends: Reach arms overhead and interlace fingers except thumbs and index finger. Stretch over to one side as you exhale. Inhaling back up to center, exhaling bend to the other side. Repeat once more and notice how you feel.

2. When you get up for lunch and when your workday ends:

Peripheral Vision: Extend arms in front at eye level and point thumbs up to ceiling. Gaze at thumbs then extend arms to your sides just to the point that you can see your thumbs in your peripheral vision keeping your head stationary and eyes gazing forward. Hold for 2-3 breaths. Bring thumbs back in front of you gazing at your thumbs. Repeat 2 more times.

3. Before Sleep:

Lying down on your back, rub palms together until they are warm then, cup them over your closed eyes. Take 3 cleansing breaths by breathing in through the nose and exhaling with a sigh through the mouth. Now glide fingers across your forehead above the brow line from the center to the temples. Repeat 3- 7 times. Next glide fingers from the sides of your nose across your cheekbones 3-7 times. Now glide fingertips down jaw line towards the chin. Finally rest hands on low ribs and feel your touch and feel your breath.