

# Health and Wellbeing

Is sitting at your desk  
all day cramping  
your style?

**Sitting for long periods of time reduces levels of the feel good hormones serotonin and oxytocin – stretching or moving whilst at your desk allows for a short break which is proven to improve mood and productivity.**

**Incorporate these 6 exercises in your daily routine to help reduce tension and stress.**

## **Exercises**

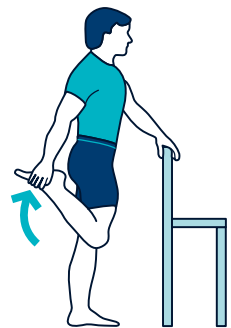
### **Shoulder stretch**

Reach behind your head and place hand on your upper back. Gently hold your elbow with your opposite hand and pull down until you feel a stretch.



### **Leg stretch**

Hold on to something and lift one foot up towards your buttocks. Squeeze the knees together and push the hips forwards to feel a stretch along the front of the leg. Repeat on the opposite side.



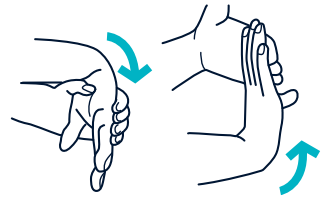
## Neck stretch

Gently lower your head forwards until you feel a stretch at the back of the neck. Gently interlink the fingers and pull down on the back of your head to increase the stretch.



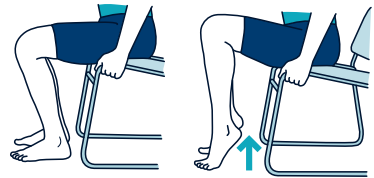
## Wrist stretch

Gently pull the fingers backwards and then push the palm of the hand away to bend the fingers forwards. Add wrist circles in both directions to increase the mobility within the wrists.



## Ankle / foot stretch

Activate the back of the legs by raising up on to the toes. This can also be done standing up. Add ankle circles in both directions to increase the mobility and circulation within the ankles and feet.



## Side bend

Place one hand on the hip and stand feet hip width apart. Reach over the head with the other arm. Reach upwards with the arm to gain space and length through the waist. Repeat on both sides.



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**National Stress Awareness Day**  
Stress Less

Other useful ways to bust stress and beat tension:

- Take the stairs rather than the lift
- Talking – speak to your colleagues by walking to their desk rather than simply sending an email, great for building personal relationships within the team
- Set up reminders to change your position every hour. This will help circulation and helps reduce symptoms of lower back pain

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Recommended classes at Ethos:

[www.imperial.ac.uk/ethos/classes/body-and-mind](http://www.imperial.ac.uk/ethos/classes/body-and-mind)

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Rest breaks and stretches:

[www.imperial.ac.uk/occupational-health/breaks-and-stretches](http://www.imperial.ac.uk/occupational-health/breaks-and-stretches)

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Resilience and Stress Management:

[www.imperial.ac.uk/health-and-wellbeing/resilience-and-stress](http://www.imperial.ac.uk/health-and-wellbeing/resilience-and-stress)

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