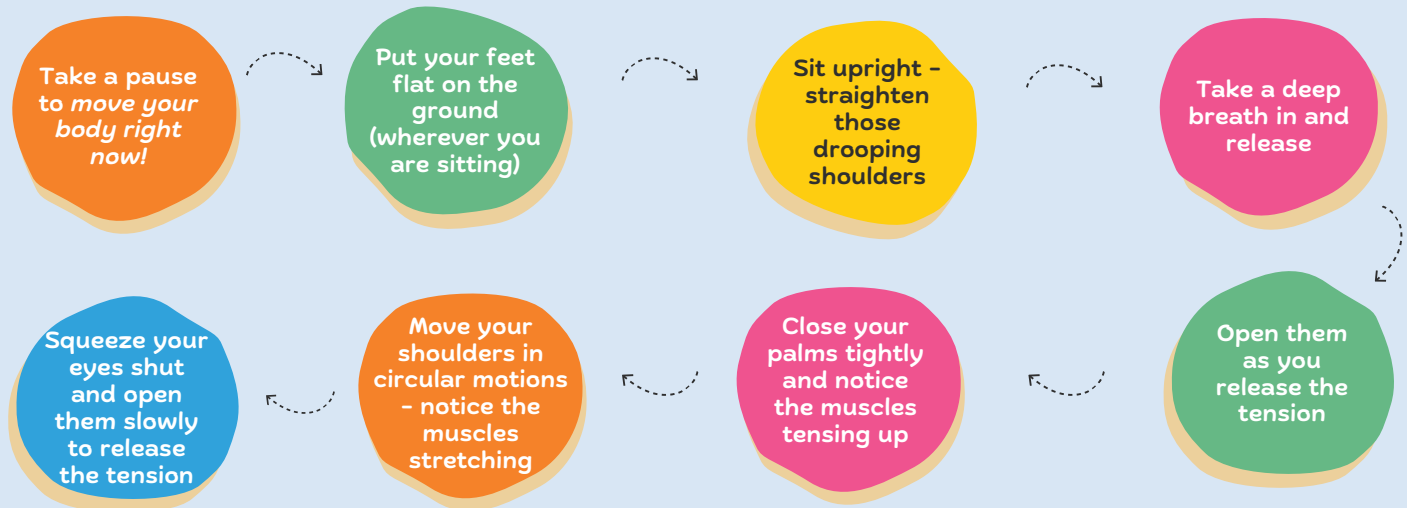


# MOVE YOUR BODY TO RELEASE STRESS!

Your body requires movement as much as it requires rest! A moving body keeps your mood uplifted and helps fight fatigue and lack of motivation.

Movement can be something as simple as an intentional 5 minute stretch.



Repeat the action of tensing the muscles for 5 seconds and relaxing them for 10 seconds on different muscles of your body. This can include muscles in your face, neck, back, forearm, calves, feet etc. Pay more attention to parts that feel tight and tense.

## *Now let us walk off the stress!*

- If you can at the moment get up from your seat for a 3 minute mindful walk.
- Concentrate on the physical sensation of walking - the sound, how each step feels on the ground and the pressure against your feet.
- Pay attention to the rhythm of your movement. Focus on it by repeating “left, right” as you walk.

**Repeat these movements two or three times a day. Set reminders if that helps!  
Give your body the movement it needs to keep going.**

