

DAILY SELF CARE *Practices*



Deep Breathing

When practicing deep breathing, place one hand over your chest and one hand over your stomach. The hand on your stomach will rise/fall with each inhalation/exhalation.



Upper Body Twist

For this exercise, place your hands on your waist and slowly twist from side to side. Take it slow and don't continue if the posture becomes uncomfortable or painful.



Shoulder Stretch

Reach your arm across your your body and use your other arm to deepen the stretch. Hold for 30 seconds and switch to the other side.



Back Stretch

Raise your arms and cross them over your head. Lean to the right for 15 seconds and repeat process on the left.



Side Reach

For this stretch, you are going to step out to the side and reach your arm over the same side. After 20-30 seconds, repeat the same process on the other side.



Meditation

Sit in your chair or on the floor and breathe normally. Once you get into a rhythm, start holding your breath to the count of five. Breathe in for five seconds, hold for five seconds and breathe out for five seconds.

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