**Benefits of Stretching**

- Release stress and tension
- Strengthen muscles and joints
- Boost mood and energy levels
- Ease pain and stiffness
- Improve work performance
- Promote good circulation
- Relieve/reduce headaches and neck pain

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**Stretches for Stress Relief**

**Breathe**

1. Focus on your breathing to relax and rejuvenate.
2. Close your eyes and breathe deeply.
3. Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.

**Arms Stretches**

1. Sit up straight in your chair with your back relaxed.
2. Hold an arm over your head, then lower it to your side.
3. Rotate your wrist so your palms face away from your body.
4. Hold for 10 seconds, then repeat on the other arm.

**Leg Stretches**

1. Sit up straight with your feet flat on the floor.
2. Straighten one leg and bend the other knee.
3. Reach forward and try to touch your toes.
4. Hold for 10 seconds, then switch legs.

**Lower Back Stretches**

1. Sit up straight on the floor.
2. Cross your legs and lean forward, then try to touch your toes.
3. Hold for 10 seconds, then switch legs.

**Neck Rolls**

1. Sit up straight on the floor.
2. Roll your shoulders up, then down in a fluid motion.
3. Repeat this movement about 10 times, then switch directions.

**Shoulder Stretch**

1. Sit up straight in your chair, with both feet flat on the floor.
2. Roll your shoulders up, then down in a fluid motion.
3. Repeat this movement about 10 times, then switch directions.

**Chin Tuck**

1. Sit up straight in your chair.
2. Tuck your chin into your chest.
3. Hold this stretch for 30 seconds.

**Standing Thigh Stretch**

1. Stand up straight on the floor.
2. reach one leg behind you, then bend it to the side.
3. Return to standing and repeat on the other leg.

**Ankle Circles**

1. Sit up straight on the floor.
2. Lift one foot slightly off the ground.
3. Gently roll your ankle in a circle, changing directions every 5-10 circles.
4. Repeat on the other side.

**Calf Raises**

1. Sit up straight on your couch or chair.
2. Lift one leg at a time and hold for 5 seconds.
3. Hold for a moment, then lower your leg and repeat.

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**Sources**

- http://zenfullydelicious.com/5-stress-relieving-stretches/ (1-4)
- http://greatist.com/move/stretches-for-tight-shoulders (6)
- https://www.tripit.com/blog/2015/10/10-simple-airplane-stretches-to-keep-your-body-ache-free.html (9-10)