

PHEEL GOOD WITH PHYSICAL ACTIVITY

- ❖ Types of activities that have been shown to improve mood
 - Aerobics/Cardio classes
 - Tai Chi
 - Yoga
 - Walking (take your dog)
 - Dancing
 - Hiking
 - Aquarobics

- ❖ 20 - 30 minutes of physical activity on most days of the week

- ❖ Only moderate intensity physical activity is necessary

- ❖ “Talk Test” = moderate intensity physical activity
 - Too hard: cannot carry on a reasonable conversation
 - Too easy: can sing during your workout
 - Just right: can carry on a reasonable conversation

- ❖ **5 Ways to Reduce Stress**
 - 1) Place a tennis ball between your back and a wall. Lean against the ball and apply pressure to sore spots. Take off your shoes and roll the ball under each foot.
 - 2) Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
 - 3) Sit up straight with your feet flat on the floor. Systematically tense particular muscles in your body, such as your neck, shoulders, or legs. Next, you relax and feel the tension flow out of the muscles.
 - 4) Clean the clutter at work and home. Being surrounded by too much stuff can be overwhelming and contribute to stress. It brings on anxiety when you can't find something you need. By the way, spring cleaning is good exercise, burning more than 250 calories an hour.
 - 5) When you're aggravated, take a moment to remember the things in your life that you can be thankful for.

PHEEL GOOD WITH DESK STRETCHES

3 - 4 MINUTES

