

Restorative Time - The Relax & Revive Routine

KEEP HYDRATED - FEED YOUR BRAIN

• Drink 8 ounces of water, juice or herbal tea. • Your brain is fueled by carbohydrates, but choose healthy snacks like fruit, vegetables, nuts and seeds.

REST EYES

- Close your eyes and count to 15 or turn your eyes away from the computer screen and focus on something 5 to 10 feet in the distance, count to 15.
- If your eyes are dry or itchy from computer use, ask your doctor to recommend lubricating eye drops.

BREATH DEEPLY

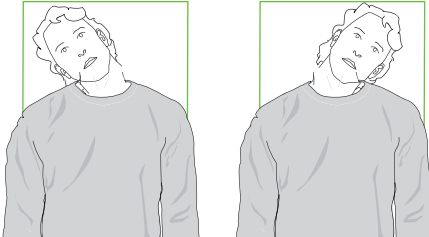
• Breathe through your nose using your diaphragm to fully empty, and fill your lungs. • It helps to close your eyes and concentrate on the action of your breathing in and out of your nose. • Breathing deeply helps regulate your heart beat and increased the supply of restorative oxygen to your brain. You will feel more calm, and find it easier to concentrate when you return to your work.

STRETCH

- Achieve each position slowly. Do not bounce into or out of position. • Hold each position as instructed, then repeat on the other side.
- You should feel tightness, but not pain (stop and check with your doctor if you experience pain).

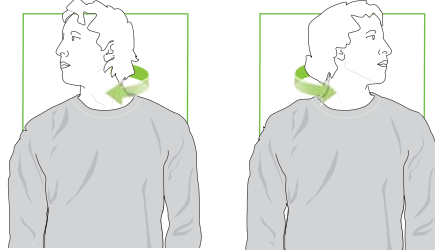
Head Tilt

Bring right ear close to right shoulder, hold, count to 7, repeat on left side. Do three sets.



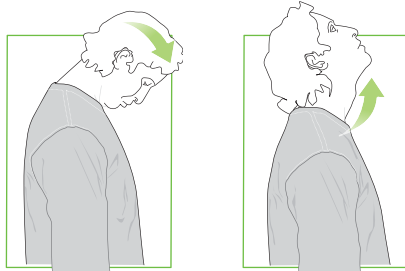
Head Pan

Rotate head to right, hold, count to 7, repeat left side. Do three sets.



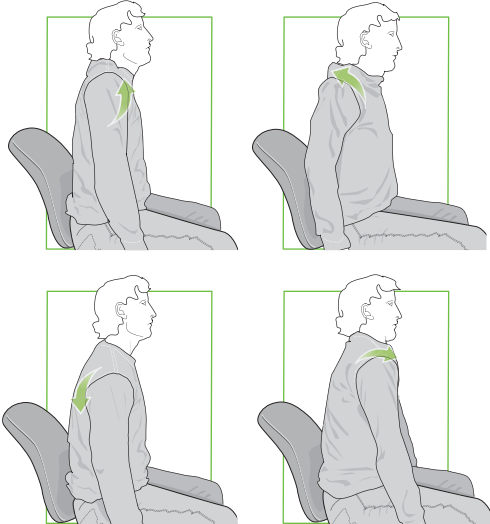
Chin Tip

Very slowly tip chin down to chest and hold to the count of 15. Very slowly tip chin upwards and hold to the count of 15. DO NOT bend your neck quickly or too far backward. Check with your doctor if you experience pain.



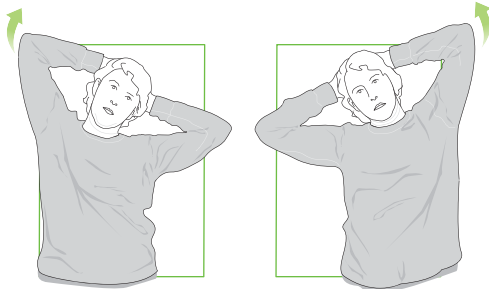
Shoulder Rolls

Pull right shoulder up, back, down and forward in a circular motion counting to 15. Repeat for left shoulder counting to 15. Repeat rolling both shoulders counting to 15.



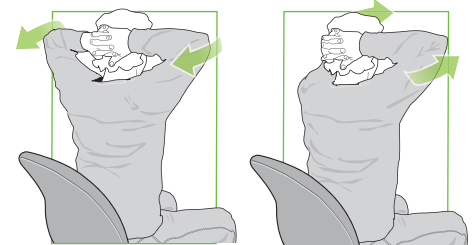
Elbow Point

Clasp hands behind head. Point right elbow up toward ceiling, hold and count to 7. Repeat with left elbow. Do the elbow point three times for each side.



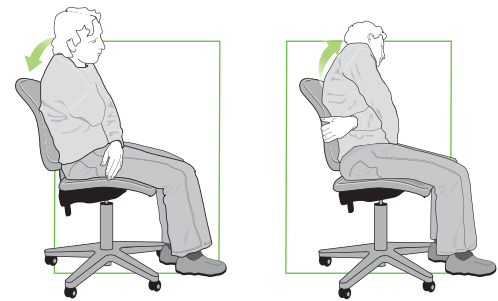
Elbow Pull

Clasp hands behind head. Pull elbows together, hold and count to 7. Pull elbows back, out to side, hold and count to 7. Do three sets.



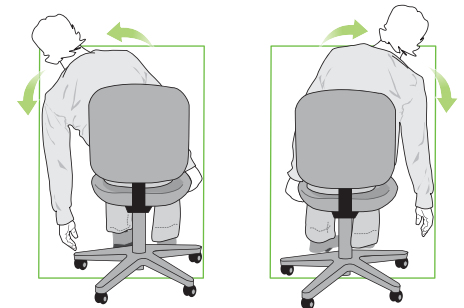
Shoulder Pull

Grab chair with left hand and reach right arm over left hip. Lean to the left and hold, count to 7. Repeat on the other side. Do the Arm Hug three times.



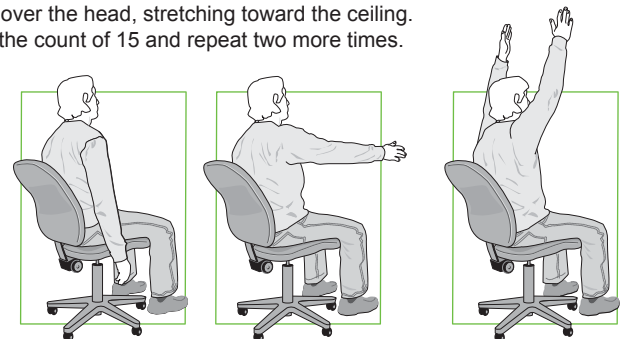
Waist Bend

Hold the edge of your chair seat with your right hand. Lean toward the left, keeping your upper body straight. Hold and count to 7. Change hands and grip the left edge of your chair seat, leaning right, holding to the count of 7. Repeat 2 more times.



Arm Reach

Start with arms straight at sides, raise them forward and upward over the head, stretching toward the ceiling. Hold to the count of 15 and repeat two more times.



Forward Bend

Sit on chair with feet flat on the floor. Slowly bend over allowing gravity to gently push you further. Count to 15 then very slowly straighten back up into starting position.

