

30 DAY #STRESSAWARENESS CHALLENGE

IN SUPPORT OF NATIONAL STRESS AWARENESS MONTH, WE'RE HERE TO HELP YOU BY SHARING A GENTLE STRESS RELIEF MINI-STRETCH ROUTINE. THIS IS A 10–15 MINUTE ROUTINE FOR YOUR BODY & MIND (CAN BE DONE SEATED OR STANDING – NO EQUIPMENT NEEDED)



1. Shoulder Rolls – 1 Minute

Relieves tension in the neck and shoulders.

- Sit or stand tall, arms relaxed at your sides.
- Slowly roll shoulders backwards in a circle 5 times.
- Then roll forwards 5 times.
- Breathe in as you lift, breathe out as you lower.
- ✓ Move slowly – no need to force range.



2. Neck Stretch – 1 Minute

Eases tightness from stress or screen time.

- Sit or stand upright.
- Gently tilt your head, bringing your right ear toward your right shoulder.
- Hold for 10–15 seconds, then repeat on the left.
- Optional: Use hand to deepen stretch gently.

✓ Never roll your neck in circles. Keep movements slow and still.



3. Side Stretch with Arm Reach – 2 Minutes

Opens up the sides of the body and helps you breathe more deeply.

- Raise arms overhead (or to shoulder height if limited).
- Gently lean to the right, hold 10–15 seconds.
- Return to centre, then lean to the left.
- Repeat 2–3 times each side.

✓ Seated option: Keep hips grounded, stretch gently.



4. March in Place – 3–5 Minutes

Boosts circulation and lifts your mood with light cardio.

- Slowly lift one knee, then the other, like a gentle march.
- Swing your arms naturally.
- Keep it relaxed and steady, no need to rush.

✓ Seated option: March legs while sitting, swing arms or tap thighs.



5. Heel Taps with Arm Swings – 2 Minutes

Great for coordination and getting your blood flowing.

- Tap one heel forward, then the other, alternating sides.
- At the same time, swing your arms side to side or gently overhead.

✓ Seated option: Tap heels forward from your chair, move arms in rhythm.



6. Deep Breathing – 2 Minutes

Calms your nervous system and supports relaxation.

- Sit or stand comfortably.
- Breathe in through your nose for 4 counts
- Hold for 4, then breathe out slowly through your mouth for 6 counts
- Repeat 4–5 times.

✓ Tip: Place a hand on your stomach to feel your breath deepen.

