

How to Rejuvenate and get your “Groove” back while working.

Physical Lifts

Things to do throughout the day

- ✓ Stand up while talking on the phone
- ✓ Set watch or timer to move every hour

When Confined with little time (ways to release tension & loosen muscles)

- ✓ At your desk /in the chair
 - Take a few deep breaths and shake your limbs
 - Head bends and chin tuck
 - Wrist stretches
 - Flex your feet
 - Leg lifts
 - Lower back stretch (touch toes in chair)
 - Seated side bend

More Space in Your Place (great with music)

- ✓ Standing up
 - Walk in place (great during webinars)
 - Shake limbs to loosen up
 - Stretch Arms
 - Raise the Roof (march in place and push towards ceiling w/palms up)
 - Knee lifts (with or without arm movement)
 - Triceps Kicks (bend hips, bend elbows, then extend arms behind you - while marching or standing still)
 - Standing calf raises (hold on to back of chair, stand on toes)
 - Play your favorite dance tune and “bust a move”

Breaking Out of the Office

- ✓ Walk away (with your mask)
 - Take the long route to the restroom or copy room
 - Deliver a message in person
- ✓ Walk around campus or if at home walk around the yard
- ✓ Take the steps
- ✓ Park at the far end of the parking lot

Mental Lifts

The *7 Habits for a Healthy Mind in a Healthy body* are simple daily lifestyle choices. These 7 principles are the foundation of [The Athlete's Way philosophy](#):
By Christopher Bergland

7 Habits for a Healthy Mind in a Healthy Body:

1. Daily Physicality: Exercise for at least 20 minutes most days of the week.
2. Intellectual Curiosity: Spend some time in focused thought, exploring new ideas every day.
3. Foster Creativity: Challenge your mind to connect unrelated ideas in new and useful ways.
4. Human Unity: Create and maintain close-knit human bonds and a social support network.
5. Spiritual Connectedness: Identify a Source of inspiration that is bigger than you.
6. Energy Balance: Balance Calories in/Calories out and reduce your carbon footprint.

Ten things you can do for Mental Health

University of Michigan, Health Services

1. Value Yourself
2. Take care of your body
3. Surround yourself with good people
4. Give yourself - volunteer
5. Learn how to deal with stress
6. Quiet your mind (meditation, prayer, mindfulness)
7. Set Realistic Goals
8. Break of the monotony (change your routine)
9. Avoid/reduce alcohol and other drugs
10. Get help when needed