Create your calm.

Pausing during the day and taking a few minutes for these simple yoga poses can decrease stress, relieve tension and create calm.

Cat-Cow

1. Inhale. Pull yourself upward.
2. Exhale. Curl your chin down, round your spine.
3. Perform 3-5 times.

Seated Spinal Twist

1. Turn and place right hand on the back of chair and the other on outer right thigh.
2. Inhale. Turn to the right, twisting from the hips. Gaze behind you, exhale. Stay for 6 breaths and release.
3. Inhale and repeat on other side.

Chair Upward Hand Stretch

1. Bring arms in front of you, interlocking fingers (palms out).
2. Inhale. Raise arms above head, exhale.
3. Inhale. Take shoulders away from the ears.
4. Exhale. Remain in the stretch for 3-6 breaths.

Seated Forward Bend

1. Inhale. Fold forward, bring torso to thighs.
2. Place hands on feet or hold on to elbows.
3. Take a deep breath, push torso toward thighs. Hold for 60 seconds.

SCAN TO SAVE EXERCISES

Find more calming tips at
Michigan.gov/StayWell.
Or, call 1-888-535-6136 and press "8" to talk to a Stay Well counselor, 24/7.

STAY WELL
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The material on this poster is for general information purposes only. MDHHS recommends these exercises only for people who are capable of performing them. Avoid any movements that cause pain or discomfort. MDHHS is not responsible for any damages arising from the use of the exercises. Talk with your health care provider before starting any new exercise program.