



Well-Being Activity

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Visual Breathing Exercise

Inhale as the box opens, exhale as it closes.

Tips:

- Relax your shoulders
- Breathe with your stomach, not your shoulders
- Visualize: In with the positive – out with stress

Techniques like this can give your organs and tissues a much-needed oxygen boost.



Breathing Exercise

The 4 – 7 – 8

- **4:** Inhale 4 seconds
- **7:** Hold for 7 seconds
- **8:** Exhale for 8 seconds

Breathing techniques are designed to bring the body into a state of deep **relaxation**.

Relaxation practices also help bring the body back into balance and regulate the fight-or-flight response we feel when we're stressed.

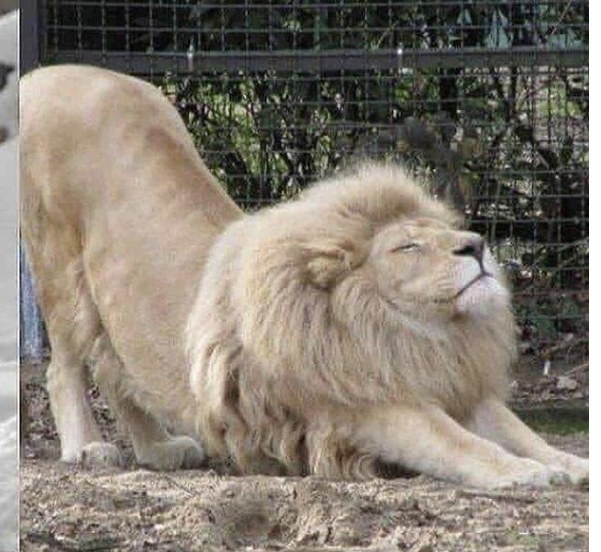


Desk stretching!

Physical activity, even for short periods of time, can *improve your mood*.

Beneficial movements & tips to try!

- Stand up while on the phone or eating lunch
- Get a flexible standing desk so you can change your position
- Walk laps during, or between, quick meetings
- Get up from your seat every hour and walk around your home/ office



Additional Resources

- <https://www.healthline.com/health/deskercise>
- <https://www.readers.com/blog/9-desk-stretches-for-office/>