Hugger
From a seated position, reach both arms forward as if you were giving a hug. Interlace fingers, pressing palms away from body for 10 seconds and then turn palms towards body for 10 seconds.

Seated Side Twist
From a seated position, cross left leg over right and gently draw right arm across body as you look over the left shoulder. Hold for 10 seconds and repeat on opposite side.

Standing Side Bend
Stand up and reach arms above head. Grab right elbow with left hand. Gently pull your right arm behind your head and lean to your left. Hold for 10 seconds and repeat on opposite side.

Chest Expansion:
Stand up and bring both hands behind the body. Gently grab right wrist with left hand and press your chest forward without extending your neck beyond a neutral position. Hold for 10 seconds and repeat on opposite side.

Full Body Stretch
Stand up and extend arms above head. Keep shoulders relaxed, away from your ears, and stretch through your core.

After you’ve completed your poses, focus on your breath for a few moments. How deep are your inhales and how full are your exhales? See if you can inhale for five counts and exhale for five counts. If that is too long or short, find the count that works for you. Something as simple as breathing deeply can help reduce the stress you are feeling throughout your workday or commute.