

6 Ways to Bring Mindful Movement into the Workday



Take deep breaths

Inhale through your nose for 4 seconds, hold for 7 seconds, and exhale through your mouth for 8 seconds. Repeat this cycle as needed.



Dance in your chair

Stimulating your digestive system can help to replenish vital energy when you feel you're beginning to fade. To do this, try some simple seated twists.



20-20-20

Every 20 minutes spent using a screen, look up and focus on something 20 feet from you for a total of 20 seconds.



Forward bend

This posture boosts circulation to your upper body and brain, soothing the nervous system and easing stress. Hold for 10 cycles of breath.



Inhale energy

Hit a mental energy slump? Stretch your arms up, interlock your fingers, palms to sky, and imagine toxins leaving your body.



Stand up

Schedule short 3- to 5-minute breaks in your calendar to get up and unwind your body.



For more tips on adding healthy movement to your day, contact your Employee Assistance Program. We offer guidance, tools and resources to support your mental, emotional and physical health.

24/7 Live Assistance

Call: 844-506-5374

Online: guidanceresources.com | **App:** GuidanceNowSM | **Web ID:** MontanaEAP

| **TRS:** Dial 711

