



Wellness Break Ideas

PHYSICAL



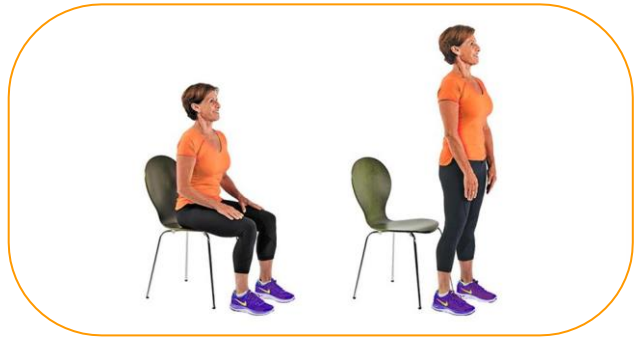
1



Stretches: Open Chest Stretch, Hamstring Stretch, Chin Tuck, Hip Flexor Stretch

2

Sit to Stands x 5



3

Marching band: Clap and stomp as you take a few minutes to walk around the room. See if you can get in sync as a group



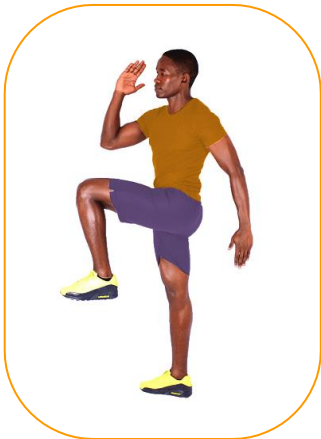
4

Office Chairwalk: Use your leg strength to push and pull yourself around the room with your heels, use a timer



PHYSICAL

5



Quick Cardio:
Knee Highs, Heel
Kicks, Arm Rows,
Elbow to Knee, Biceps
Curls

6

Chair Sit Ups



7



**Practice Standing on
One Leg:** Try Writing
Your Name with the
Big Toe of One Foot.
Now the Other.

8

Seated: Elbows together - Elbows apart,
Knees together – knees apart, elbows AND
knees together – elbows AND knees apart.
Standing: step together – step apart, prayer
hands - fingers together, fingers apart, prayer
hands reverse.



9



Triathlon:
Run, Bike, Swim in
Your Chair

10

Shoulder Shrugs: Raise the top of your
shoulders to your ears. Hold for 3-5 seconds,
then slowly release shoulders back down. Do
this 2-3 times



MENTAL



11 **10 deep breaths**



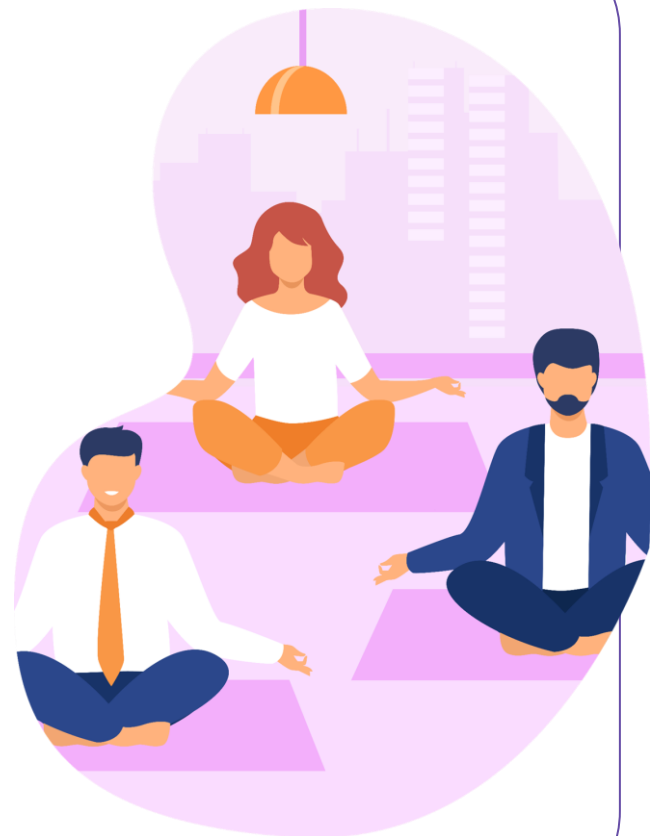
12 **Eye exercise:** Look up, hold for 10 seconds. Repeat for down, left, right. Then look away from the computer screen at something across the room.



13 **Loving-Kindness Meditation:** Find a comfortable position, close eyes, breathe slowly and deeply. Repeat May I Be Well 10x, then think of a person you care about and repeat May He/She/They Be Well 10x, then think of the entire world and repeat May All People Everywhere Be Well 10x



14 **Shake it off:** Start shaking out hands, then arms, then roll shoulders a few times, then shake feet, then legs, then hips side to side, then shake out the whole body



MENTAL



15 **Lion Face:** hold for 3 seconds



16 **Laughter Yoga:** Set a timer for 30 seconds and voluntarily laugh.



17 **Alternate Nostril Breathing** x5 then Box Breathing x5



18 **Facial Massage and Acupressure**



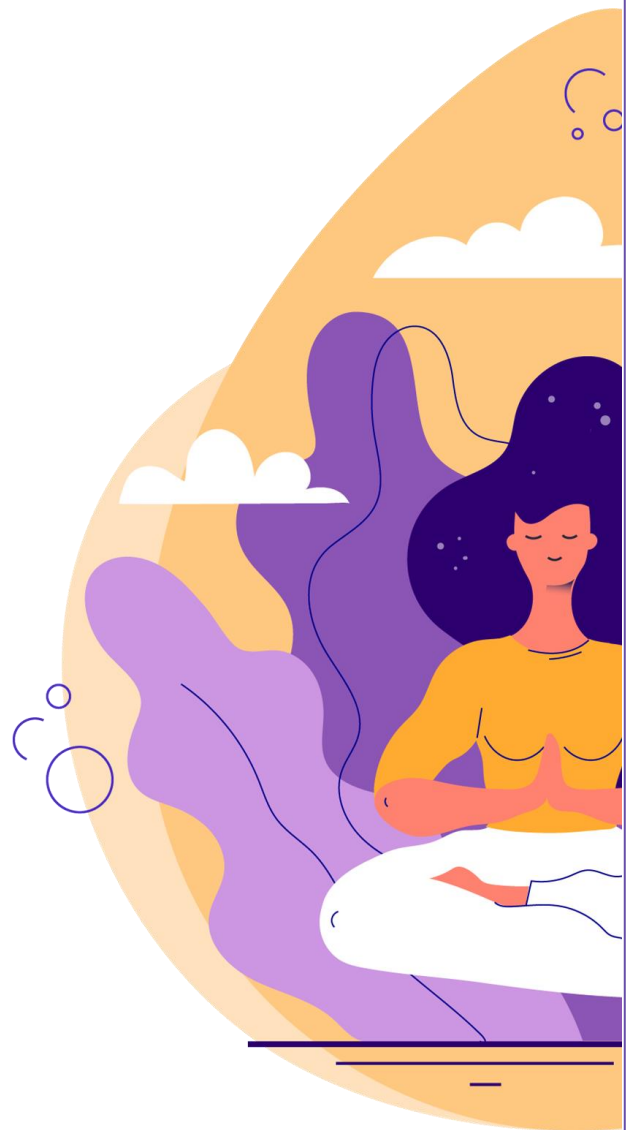
19 **Tea Party:** Take 2-5 minutes to make a cup of tea. Close eyes, warm hands on mug, inhale the scent, relax



20 **Self-Massage:** Massage either side of your neck as well as your shoulders, arms, and hands



21 **Guided Imagery:** Read the following – “Imagine a quiet, peaceful place that you can travel to. Maybe it’s a beach, a forest, a meadow, or a mountain. Imagine that you’re now walking through your peaceful place. What do you notice around you? What are the sights and the smells? Notice the physical sensations you feel when you’re in this peaceful place. Take 3 deep breaths as you allow the smells and sounds of your peaceful place to wash over you



SOCIAL



22 **Sip & Say Thanks:** Take 2-5 minutes to go get water and in between sips say out loud what you are thankful for.



23 **Dance Break:** Choose a song such as Happy by Pharrell and play for the group.



24 **Pick a Picture:** Display a photo on the screen or to the group and ask them to try to draw it. Share results.



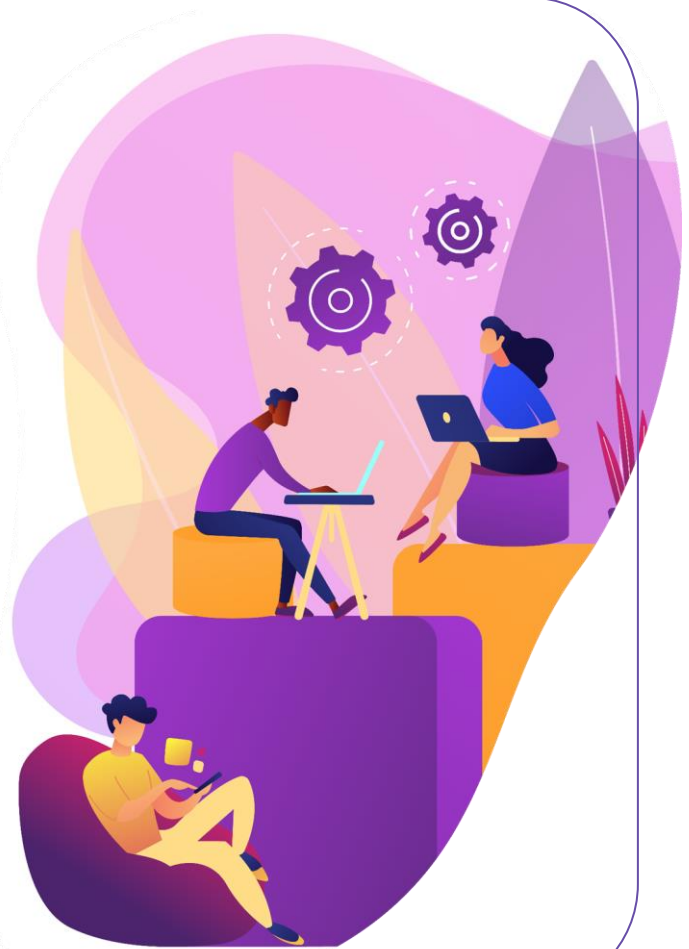
25 **Post Feel Good Photos** and Quotes on a Virtual Whiteboard



26 **Roller Coaster Ride** x3 Followed By Group Sigh x2



27 **Butterfly Hug**



SOCIAL



28 **Show and Tell:** Grab something near you that you feel connected to or are proud of. Family photos totally count. Share it on screen.



29 **What Really Grinds Your Gears:** Take a moment to drop into the chat something that has been bothering you. Now take a moment to be creative and drop into the chat an absolutely useless, hilarious, unrelated solution. Example – I haven't been getting enough sleep → try rubbing lotion on an orange before bed.



30 **Walk This Way:** Put on carnival music and have everyone in the meeting do a silly walk around the room. Get over dramatic and really act out your character.



31 **Everyone drop a compliment** in the chat that could apply to anyone in the group. Take turns reading them out loud.



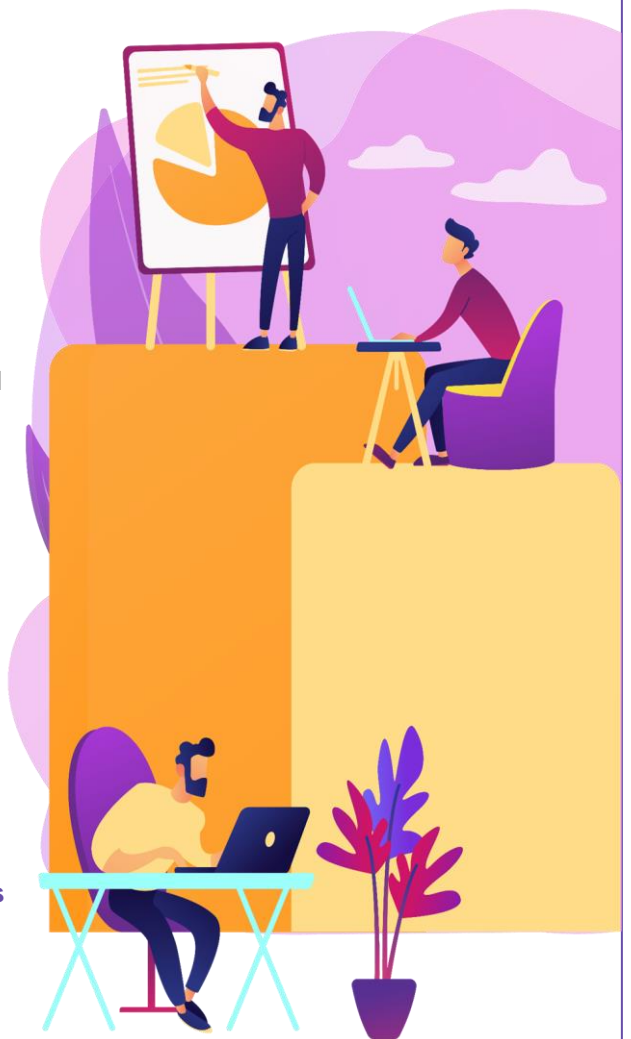
32 **Have a collection of clean, funny jokes** available and ask others to share their favorites.



33 Have each employee **share 3 good things** that happened recently in the chat.



34 **Watch a funny video together.**





WELLNESS BREAK IDEAS FOR GROUP
MEETINGS