

Resilience Basics for working at home

Information

- Here are a few drills that can be done throughout the day to help offset the negative effects of working at a desk. The mind and body are intrinsically connected; if we aim for resilience in mind, we must also do so in body. The following drills aid in circulation, flexibility, mobility, relaxation and strength.

Intensity

- The drills below are sometimes referred to as “fast and loose”. The idea is to relax as much as possible and breathe from the abdomen. On a scale of 1-10, these should be performed at an intensity of **zero**. Yes, I broke these rules of grammar and math on purpose. Relax, respire and smile.

Drill #1 - The Core

- Stand with the arms relaxed at the sides and inhale fully with the abdomen.
- Relax to exhale (as if to sigh) without forcing or tightening. Let the weight of the rib cage aid you.
- Stay standing, but feel free to slump or slouch while performing this drill a few times.



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Drill #2 - Shoulders and Neck

- Stand with the arms relaxed at the sides and inhale fully with the abdomen and shrug the shoulders.
- Exhale like previously, but this time also let the shoulders drop like dead weight.



Drill #3 - Arms and Hands

- Stand with the arms relaxed at the sides.
- Shake the arms and hands loosely as if trying to shake water off of them.



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Drill #4 - Legs and Feet

- Use a wall, chair or desk to keep your balance and stand on one foot.
- Stay relaxed and take turns shaking each leg as if you are shaking water off of your shoes.



Drill #5 - Full Body “Fast and Loose”

- Stand with the arms relaxed at the sides and inhale fully with the abdomen.
- Lightly bounce up and down (like jumping rope) while shaking and relaxing the entire body.
- The jump doesn't have to be high, it should be more like light bouncing and shaking the whole body.



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