A microbreak is a break you take every 30 to 60 minutes. Stop your current work activity, drink some water, change position, do a stretch and change posture. It can only take a minute. Then, reposition yourself and resume work.

Hydration is important for wellness.
Drink approximately eight, 8-ounce glasses of water per day. Tea, coffee and cola drinks pull water out of you; they are diuretics so they don’t count.

These exercises are to be done as gentle stretches; they are intended for healthy adults and for educational purposes, not as medical advice. If you have any medical conditions or have had injuries to your neck, shoulders, spine, or arms, check with your health care professional before doing these exercises. If any of the exercises cause pain, STOP. Do not continue stretching through the pain.

Gentle Wrist & Hand Movements
CAUTION: Do not try these stretches if you have numbness in your hands or have been diagnosed with carpal tunnel syndrome or tendinitis at the wrist.

- **Wrist Stretch**
  - Hands together with palms facing
  - Keep palms flat together
  - Raise elbows, drop wrists, roll shoulders back

- **Carpal Tunnel Stretch**
  - Arm against side, elbow bent, hand held out in front of you, palm up
  - Using fingers of other hand, apply slow, gentle downward pressure on outstretched palm, bending hand back slowly
  - STOP when you feel a gentle pull
  - Optional: Repeat exercise with elbow straight to stretch biceps

- **Thumb Stretch**
  - Place hands lightly over eyes
  - Shape hands into shallow cups
  - Hold them there for one minute

- **Eye Relaxation**
  - Sit upright with your spine relaxed (neutral)
  - Face forward
  - Hold for 5 seconds; relax and repeat 5-10 times

- **Gentle Neck Movements**
  - Slowly uncurl, from lower back up to head
  - Slowly let hands and body curl toward floor
  - Curl head forward, drop arms
  - Squeeze shoulder blades together & hold
  - Sit upright with your spine relaxed (neutral)
  - Reach as high as you can
  - Spread fingers
  - Raise arms reaching above head
  - Hold for 5 seconds, relax & repeat 5-10 times
  - Neck Retraction
    - Sit upright with your spine relaxed (neutral)
    - Turn head slowly to the right
    - Repeat on opposite side
  - Head Tilt
    - Sit upright with your spine relaxed (neutral)
    - Lower left shoulder
    - Hold 5 seconds
    - Repeat on opposite side
  - Head Rotation
    - Sit upright with your spine relaxed (neutral)
    - Turn head slowly to right
    - Repeat on opposite side
  - Shoulder Shrug
    - Sit upright with your spine relaxed (neutral)
    - Shrug shoulders up & hold
    - Relax & repeat 5 times

- **Gentle Shoulder & Upper Back Movements**
  - Opposite arm is down & bent behind back; hand reaching toward mid back (try to touch other hand)
  - Shoulders Squeeze
    - Sit upright with your spine relaxed (neutral)
    - Elbows at shoulder height
    - Move arms back; squeeze shoulder blades together & hold
    - Slide head back over shoulders
  - High Reach Stretch
    - Sit upright with your spine relaxed (neutral)
    - Elbows at shoulder height
    - Move arms back; squeeze shoulder blades together & hold
    - Slide head back over shoulders

- **Reverse Slouch**
  - Sit relaxed, hands on knees
  - Curl head forward, drop arms
  - Squeeze shoulder blades together & hold
  - Sit upright with your spine relaxed (neutral)
  - Slide head back over shoulders
  - Move arms back; squeeze shoulder blades together & hold
  - Slide head back over shoulders

- **Abdominal Strengthening**
  - Sit upright with your spine relaxed (neutral)
  - Reach as high as you can
  - Spread fingers
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  - Hold for 5 seconds, relax & repeat 5-10 times
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