Stretch & Shine

A Woman's Guide to Desk Stretches

Whether you're juggling deadlines, meetings or family calls, hours at a desk can take a toll on your mind, body and spirit. These gentle stretches help release tension, help you refocus and invite peace back into your workday—right where you are.



For Neck & Shoulders

Seated Shoulder Rolls

- Sit tall and relax your arms by your sides.
- Roll shoulders forward and backward in slow circles.
- Inhale deeply through your nose, exhale tension out.

Neck Stretch

- Drop your right ear toward your right shoulder.
- Extend your left arm down for a deeper stretch.
- Hold for 15 seconds, then switch sides.

For Eyes & Head

Palming for Eye Strain

- Rub palms together to create warmth.
- Gently cup hands over your closed eyes.
- Breathe slowly for 20 seconds to relax the optic muscles.

Seated Forward Fold

- Sit tall, then hinge at your hips to fold over your legs.
- Let your arms and head hang heavy.
- Stay for 3 deep breaths, then slowly roll up.

For Back Relief

Seated Twist

- Place your right hand on your chair back, left hand on your knee.
- Sit tall and gently twist from your waist.
- Hold for 20 seconds, then repeat on the other side.

Seated Cat-Cow

- Hands on knees, round your spine as you exhale (cat).
- Arch gently and lift your chest as you inhale (cow).
- Repeat 5–8 rounds with steady breathing.

For an Energy Boost

Seated Mountain Boost

- Sit with feet flat and spine long.
- Reach arms overhead, palms facing each other.
- Stretch upward as you breathe in, relax shoulders as you breathe out.

Standing Side Stretch

- Stand tall with feet hip-width apart.
- Interlace fingers and reach overhead.
- Lean gently side to side, breathing deeply.



For a Mindful Pause

One-Minute Mindfulness

- Close your eyes and rest your hands in your lap.
- Inhale through your nose for 4 counts, exhale through your mouth for 6.
- Offer a silent prayer of gratitude for the moment you're in.

"Come to me, all you who are weary and burdened, and I will give you rest."
—Matthew 11:28 (NIV)

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