

# MINDFUL EXERCISES FOR THE OFFICE

ALOYSIUS  
BUTLER  
& CLARK

## BODY SCAN — BREATH

- Close your eyes and begin to breathe deeply. Feel your feet firmly press into the floor, on the inhale carry your awareness up the legs slowly until you reach the crown of your head. Noticing, without judgement how each part of your body feels. Let the entire inhale of the breath carry you to the top of your head.
- Pause at the top of the inhale, begin to exhale slowly from the crown of your head. Let your awareness drift down the body coming to rest at your feet.
- Follow the breath up and down, simply observe the body, making no judgments about the experience.
- Repeat this 5 to 10 times.

## LATERAL STRETCH — MOBILITY

- This can be done seated or standing.
- Inhale your arms overhead, the right fingers grab the left wrist, as you exhale side bend to the right – take 2-3 deep breaths.
- Inhale back to center, arms overhead, left fingers grabs the right wrist, as you exhale side bend to the left.
- Repeat this as you feel necessary.

## CHEST OPENING STRETCH — MOBILITY

- This should be done standing.
- Let your feet ground into the floor, pressing weight evenly though the entire foot. Tuck the tailbone under engaging through the lower abdominals.
- Bring your hands to clasp behind your lower back. On the inhale begin to extend the arms straightening through the elbows, squeezing the shoulder blades together. The chin slightly lifts, keeping the neck long.
- Option to fold forward with arms clasped behind the back.
- Hold for 5 breaths.

## SHOULDER ROLLS — MOBILITY

- Sit upright on the edge of your chair with your feet pressing into the floor. Inhale lift the shoulders up to the ears.
- Exhale as you exhale roll the shoulders back and down away from the ears. Releasing completely down before repeating.
- Repeat at least 5 more times.

