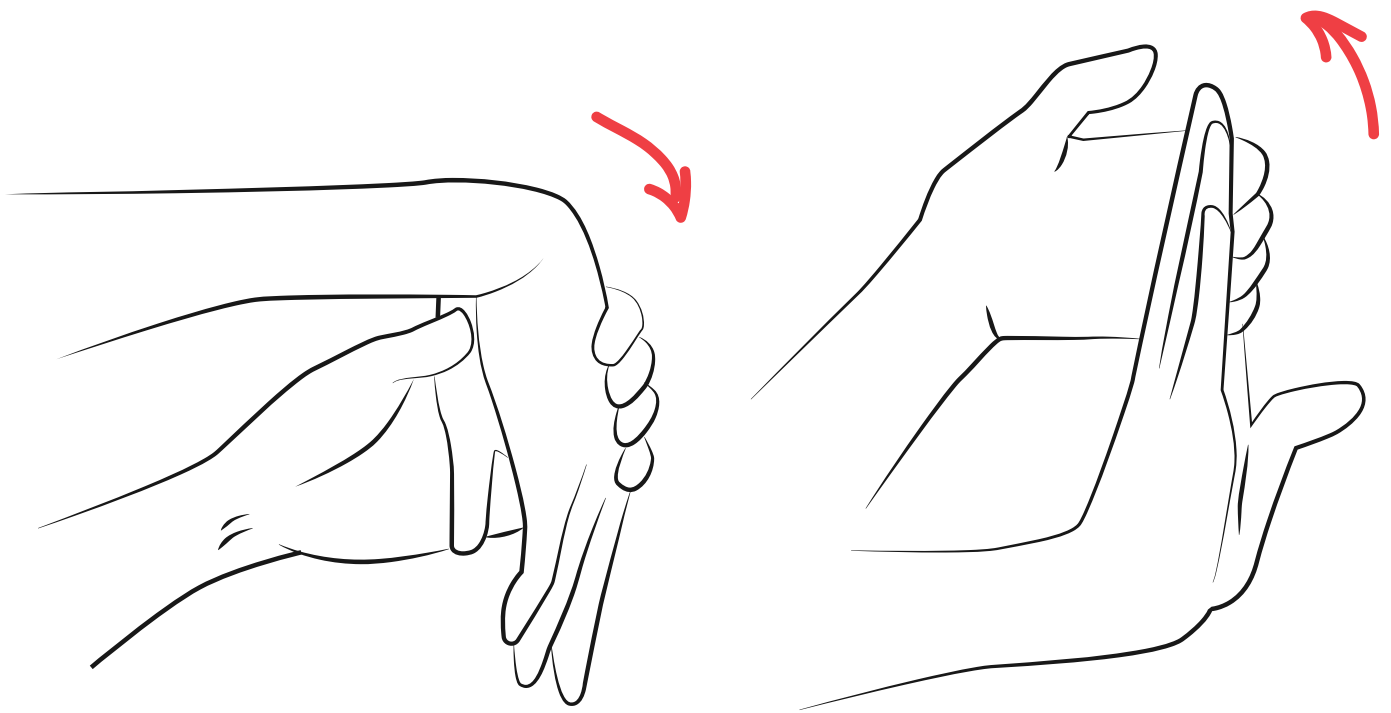




Time for a study break!

Take a few minutes to complete some easy stretches and help strengthen your physical and mental wellbeing.



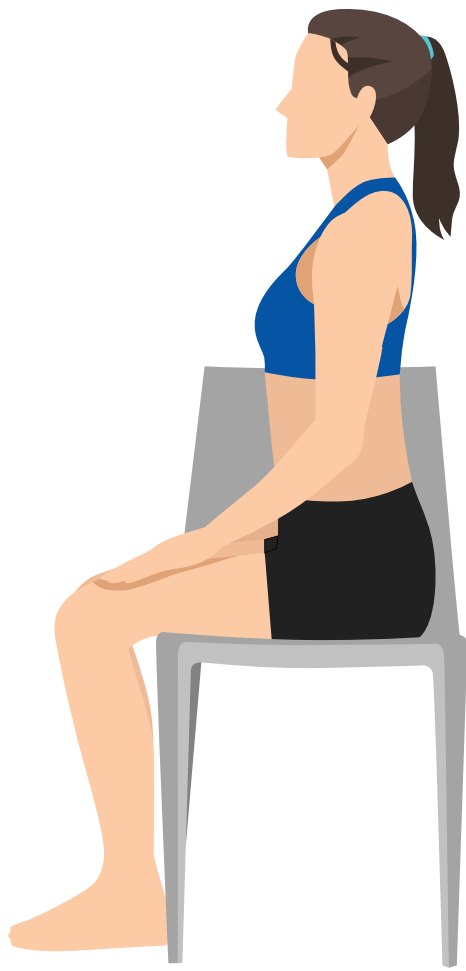
Wrist flexor and extensor stretch

Wrist flexor

1. Hold your arm out front, with your palm facing up
2. Bend your wrist, pointing your hand toward the floor
3. Use your other hand to gently bend your wrist further until you feel a mild stretch in your forearm
4. Hold for 15 to 30 seconds, then repeat with the other hand

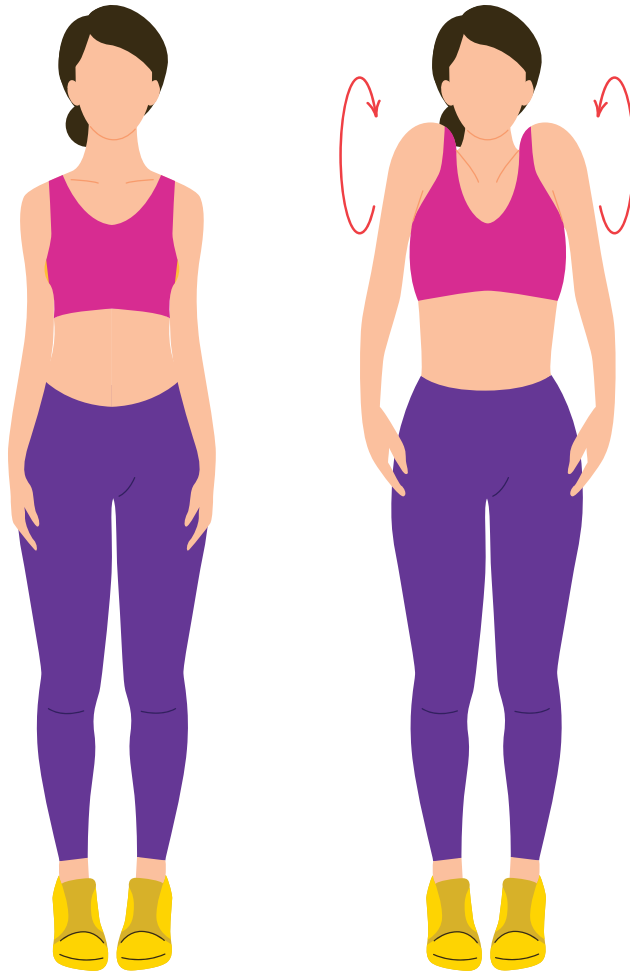
Wrist extensor

Repeat steps but pull hand towards your body (as pictured)



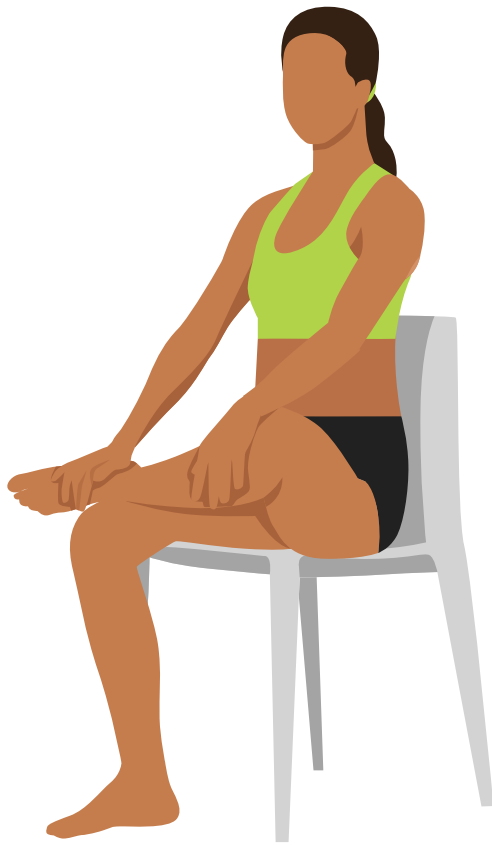
Seated spinal twist stretch

1. Sit up straight in a chair, with your feet flat on the floor
2. Gently twist around until you feel a mild stretch in your back
3. Hold for 15 to 30 seconds, then repeat on the other side



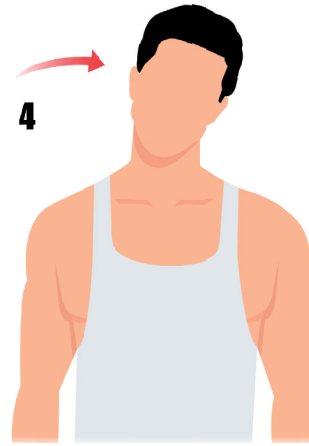
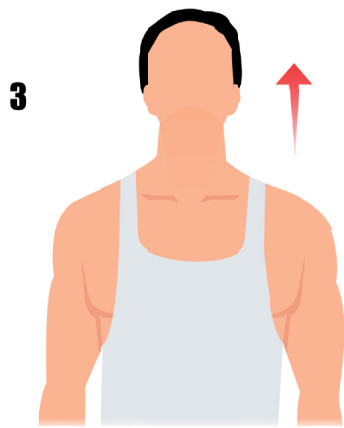
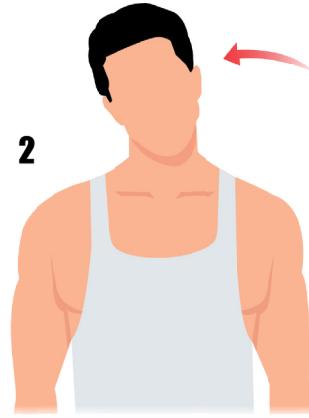
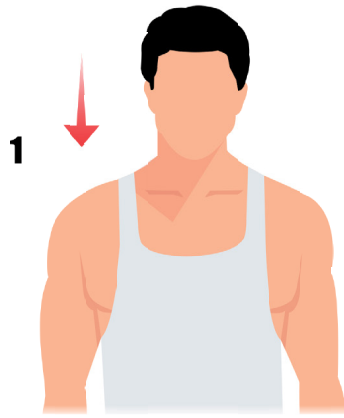
Shoulder roll stretch

1. Push your shoulders forward and up towards your ears, then roll back so that your shoulder blades are retracted
2. Return shoulders to neutral position
3. Repeat 5 to 10 times, then swap directions



Seated pigeon stretch

1. Sit up straight in a chair, with your feet flat on the floor
2. Cross one leg over your lap and hold it near your knee and ankle
3. Keeping your back straight, gently lean forward until you feel a mild stretch in your hip
4. Hold for 15 to 30 seconds, then repeat with the other leg



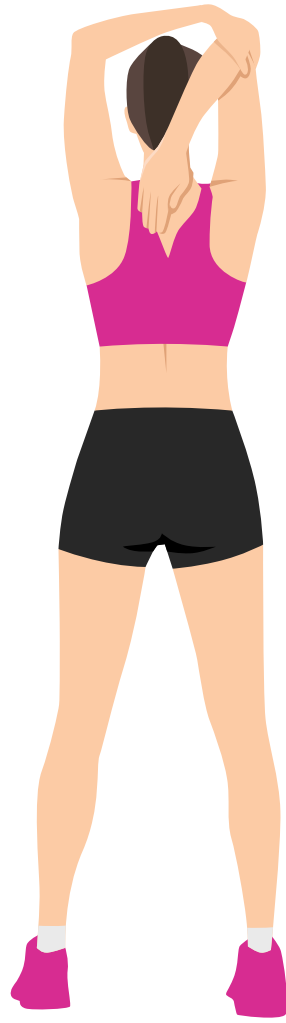
Neck roll stretch

1. Keeping your back straight, lean your head forward and bring your chin to your chest
2. Lean your head to the left, bringing your ear closer to your shoulder
3. Lean your head back until you are looking at the ceiling
4. Lean your head to the right, bringing your ear closer to your shoulder
5. Repeat 3 to 5 times



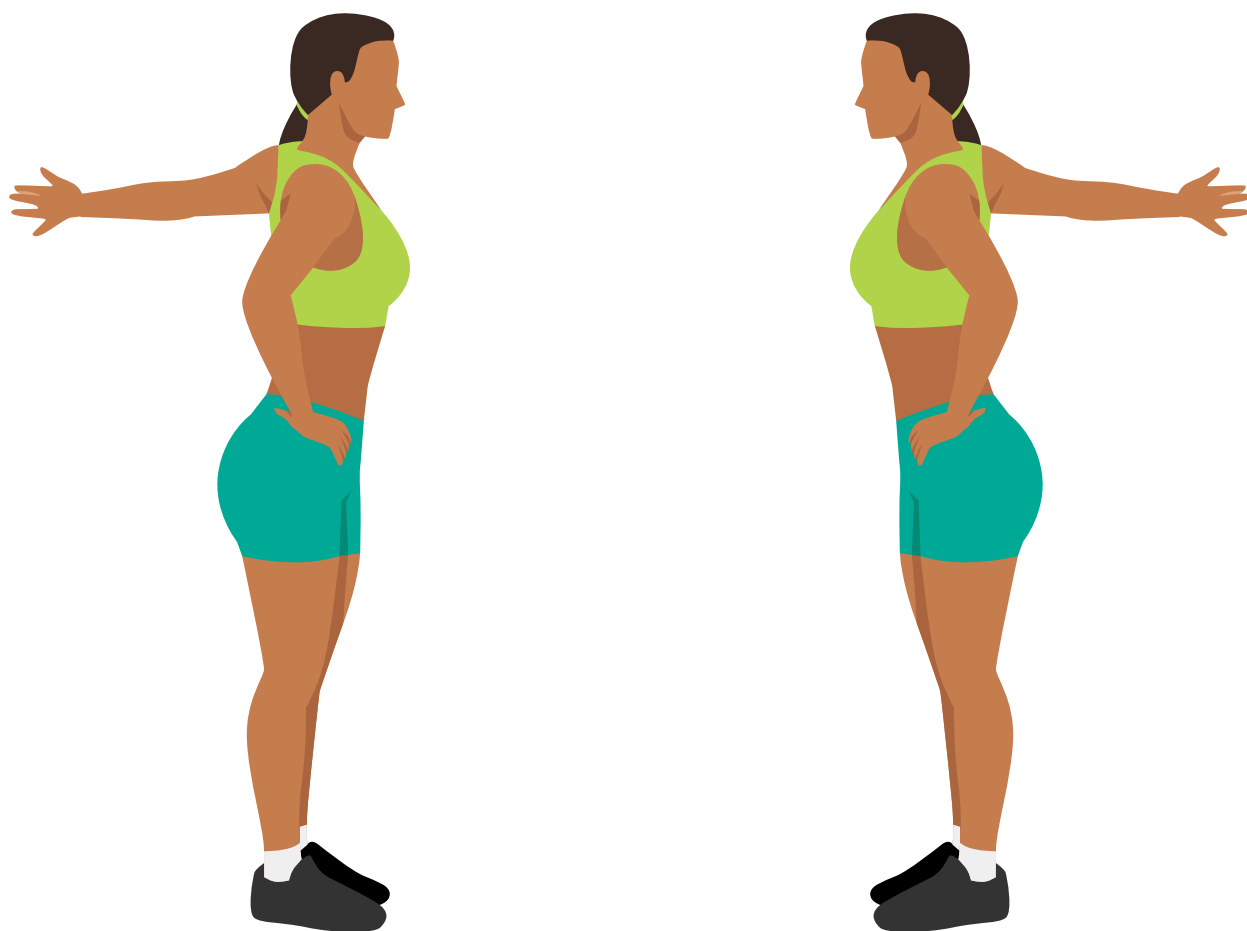
Seated cat cow stretch

1. Sit up straight on the edge of your chair, with your feet flat on the floor
2. Place your hands on your knees, keeping your arms straight
3. Inhale and arch your back, bringing your chest forward.
4. Exhale and round your back, bringing your chin to your chest.
5. Repeat 5 to 10 times



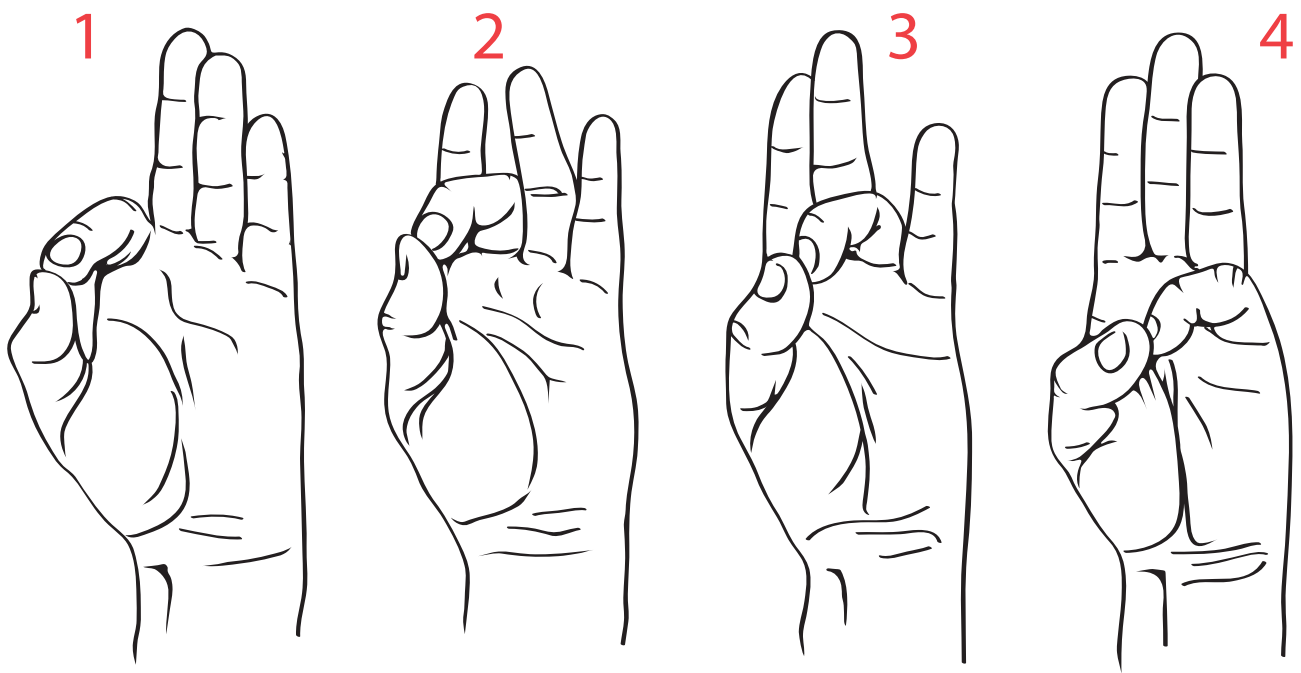
Behind head tricep stretch

1. Stand up straight with your feet shoulder width apart
2. Raise one arm over your head, bend it at the elbow and push your palm down your back
3. Place your opposite hand on your elbow and hold for 15 to 30 seconds
4. Repeat on the other side



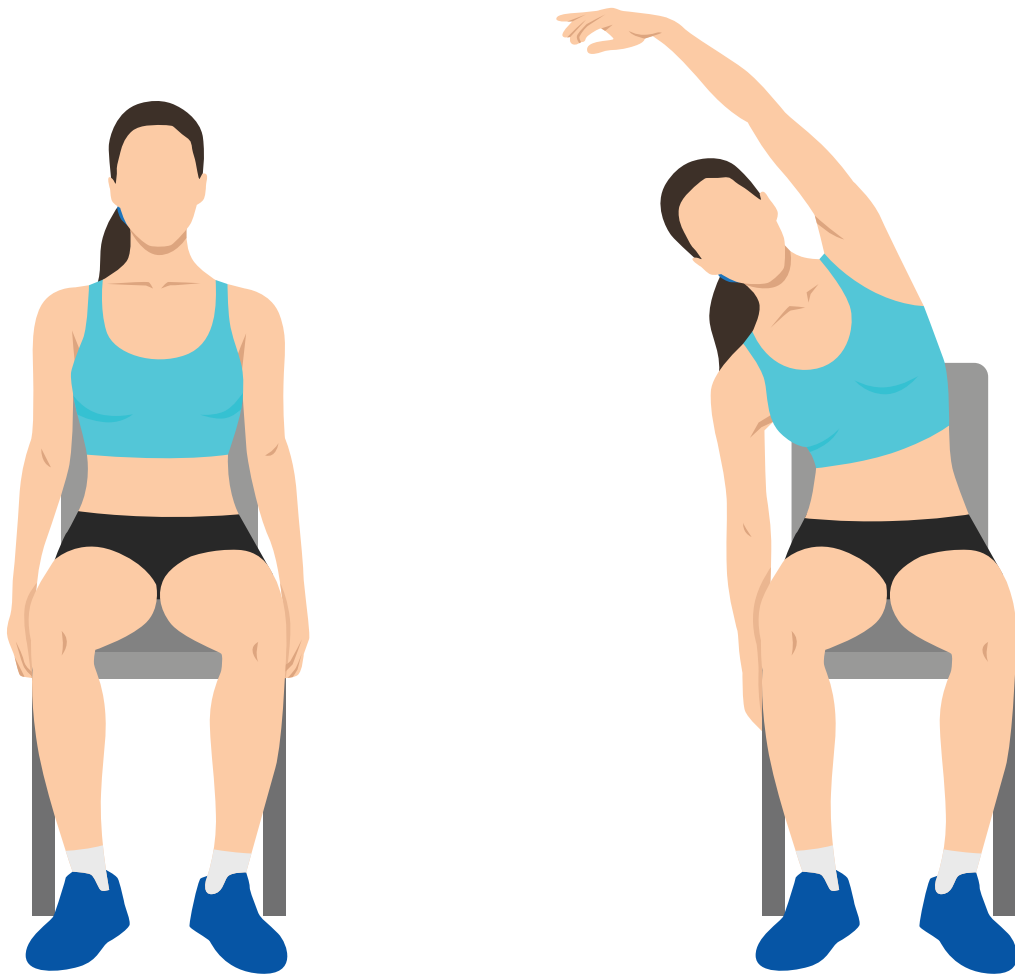
Chest wall stretch

1. Stand up straight with your feet shoulder width apart and one foot slightly forward
2. Place one arm against a wall and gently lean forward
3. Hold for 15 to 30 seconds, then repeat on the other side



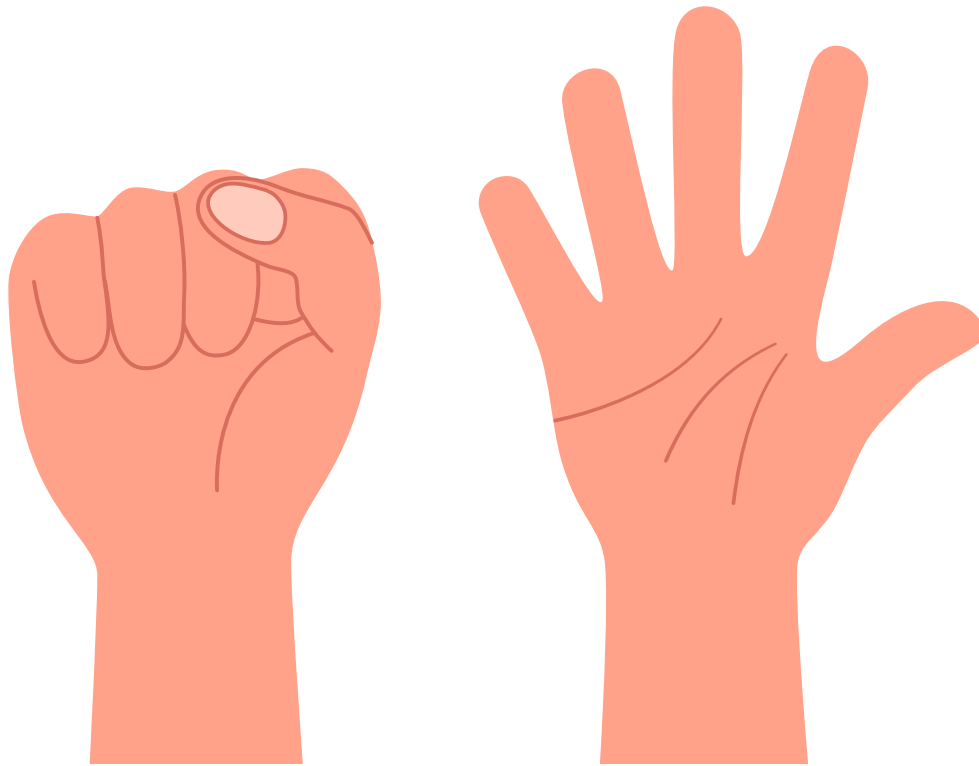
Finger touches

1. Hold your hand in an open position
2. Gently touch the tips of your index finger and thumb and hold for 5 seconds, then repeat with each finger
3. Repeat in reverse order, starting with your little finger
4. Repeat with your other hand



Seated side bend

1. Sit up straight in a chair, with your feet shoulder width apart and arms at your sides
2. Extend one arm over your head and lean to one side
3. Hold for 15 to 30 seconds, then repeat on the other side



Hand squeeze wrist stretch

1. Make a fist and gently squeeze for 10 to 20 seconds
2. Stretch fingers wide apart and hold for 10 to 20 seconds
3. Repeat 5 to 10 times
4. Repeat with the other hand



Seated hamstring stretch

1. Sit up straight on the edge of your chair, with your feet shoulder width apart
2. Extend one leg in front and gently lean forward with your arms outstretched
3. Hold for 15 to 30 seconds, then repeat on the other side