



YOGA FOR WORKPLACE STRESS

Pause. Breathe. Reset. You've got this.



STRESS AT WORK IS COMMON. YOU DON'T HAVE TO CARRY IT ALL.

Deadlines, meetings, pressure and long days at a desk can take a toll on both your body and mind.

Yoga offers simple, effective ways to release tension, clear your head and help you return to your day feeling calmer and more focused.



Small pauses can make a big difference.



HOW YOGA HELPS MANAGE WORKPLACE STRESS



Reduces stress and tension
Lowers cortisol levels and helps your body relax.



Improves focus and productivity
Clears mental clutter and helps you stay present and efficient.



Supports better posture
Relieves tightness from sitting and reduces aches and pains.



Boosts mood and energy
Increases feel-good endorphins and reduces fatigue.



Encourages balance
Helps you create space, set boundaries and move through the day with calm.



Builds resilience
Strengthens your ability to handle challenges with clarity and calm.



TIPS TO MANAGE STRESS THROUGHOUT YOUR DAY

- ✓ **Take micro-breaks**
Even 60 seconds of movement or breathing can reset your stress levels.
- ✓ **Create a calm workstation**
Declutter your space and add something that helps you feel calm.
- ✓ **Stay hydrated**
Dehydration can increase fatigue and stress.
- ✓ **Set boundaries**
It's okay to say no and protect your time and energy.
- ✓ **Be kind to yourself**
You're doing your best. That's enough.



SIMPLE BREATH TO TRY AT WORK

4-4-6 Breath

- ♥ Breathe in through your nose for 4 counts
- ♥ Hold for 4 counts
- ♥ Breathe out through your mouth for 6 counts
- ♥ Repeat 3-5 times



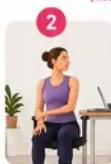
This simple breath helps calm your nervous system, lower stress and bring you back to now.

GENTLE DESK YOGA MOVES

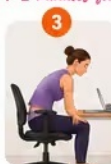
Take 1-2 minutes for each



Seated Side Stretch
Reach one arm overhead and gently lean to the side. Switch sides.



Seated Twist
Sit tall, gently twist to one side, hold, then switch.



Cat-Cow
Inhale, lift your chest and look up. Exhale, round your back.



Neck Rolls
Gently roll your neck in a circle. Change direction.



Shoulder Rolls
Roll your shoulders up, back and down. Repeat a few times.



Remember

You don't need more hours in the day. You need moments to reconnect. Yoga is a simple way to reset, so you can show up as your best self.

*Breathe.
Reset.
Keep going.*



DAILY TIP

Try a 5-minute yoga or breathing break once in the morning and once in the afternoon. Your mind and body will thank you.



UNTIL NEXT TIME, GIVE YOURSELF SPACE TO BREATHE

With love, Maggie

