



QUARANTINE CHRONICLES

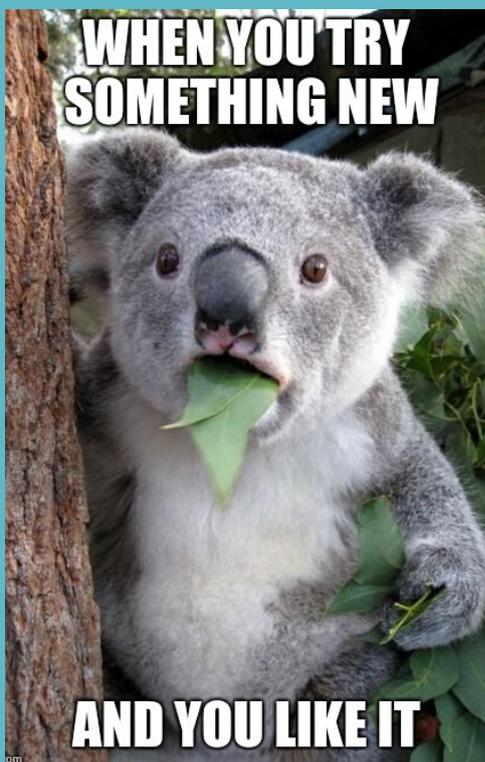
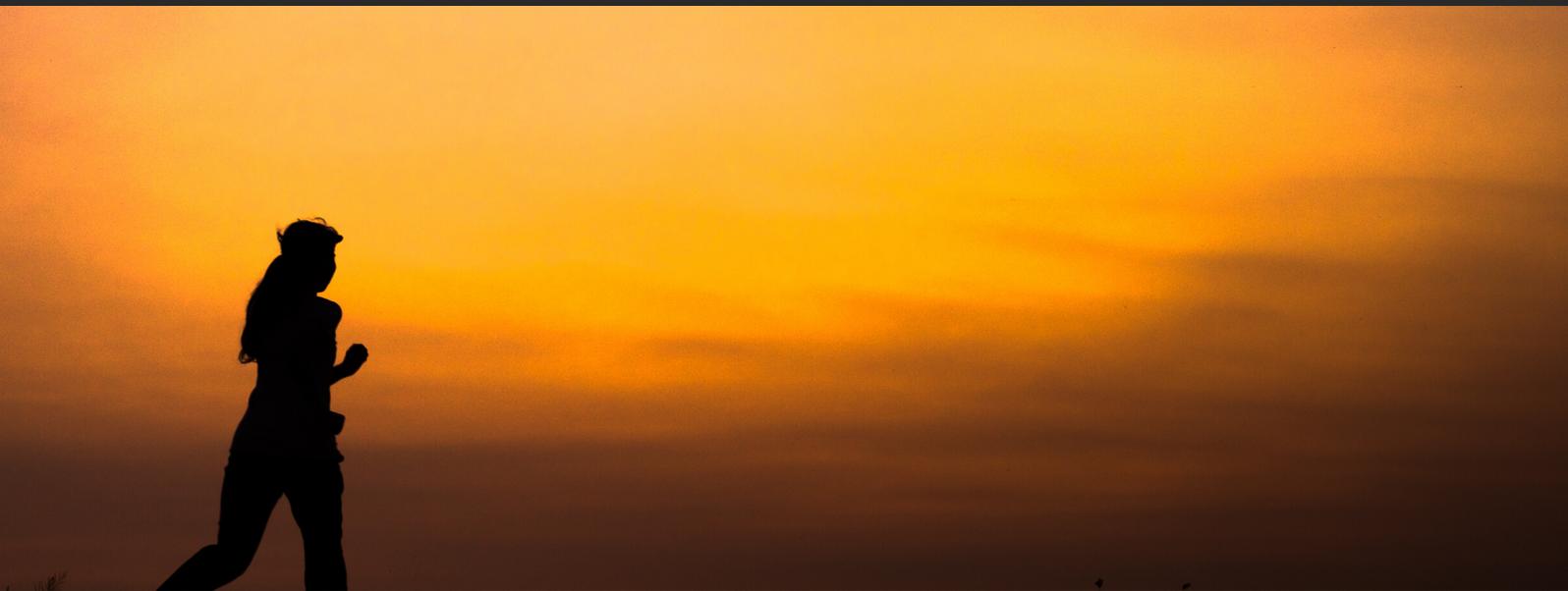
THIS WEEK: TRY SOMETHING NEW!

Hello again!

Times can be challenging and maybe we can't do some of our favorite things.

Now is the time to try something new!

Here are some ideas to get your positive vibes going and help you reduce stress!



HEALTHY CORNER

Quarantine has made it way too easy to binge movies and tv shows.

Then, we feel even MORE tired than before!

IT IS SO IMPORTANT TO MOVE YOUR BODY IN SOME WAY.

Try stretching, doing youtube workouts, or going for an outdoor walk/run.

Working out **releases endorphins**, which lowers our feeling of pain (aka the pain of being *stuck at home!*).

THIS WEEK TRY A SMALL WORKOUT DURING YOUR DAY TO BOOST YOUR MENTAL AND PHYSICAL HEALTH!

LESS STRESSING, MORE STRETCHING

Many of us have been sitting in front of computers all day, and this can really strain our necks and backs!

Here are three stretches to help loosen up your muscles:



Lower Back Stretch: Begin on your hands and knees. Curl your toes under, straighten your knees, and lift your hips to make an upside-down "V" with your body. Try bending your knees to lengthen your back and get a better stretch.. Keep breathing!



Upper Back Stretch: Start by kneeling on the floor, sitting on your heels, touching your big toes together. Allow your knees to sit wider than your hips. Slowly fold over with your arms in front of you laying flat on the floor. Stay here for as long as you want to, and remember to breathe!



Knees into chest: Start by laying on your back, pull your knees into your chest until you are curled up in a ball. Try rocking back and forth to release tightness in your back. Then, sit up (like this guy) and see how good your body feels!

"Stretch your mind to expand your soul."

-Talismanist Ciebra