



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Exercise helps us de-stress and release pent up energy, but some days it's impossible to work out, or at least it seems that way.

Did you know that even simple movements can help you deal with moments of stress or anxiety throughout the day?

Research shows that repetitive movements and specifically mechanical, methodical left/right alternating movements help maintain self-regulation in moments of distress. Their effect is self-soothing. So if you miss a workout for days, weeks or even months, remember that mini movements can still benefit your mental and physical health.



Here are some effective mini movements you can try anywhere, anytime:

Repetitive movements:

- Knitting
- Coloring
- Twirling your wrists
- Neck circles
- Jumping rope

Left/right movements: Movement that alternates between your left and right hands, legs or side of the body

- Walking
- Drumming
- Hopping from one foot to the other
- Throwing a stress ball between your two hands
- Marching in place
- Side stretches