Mindful Stretching for a Healthy Mind & Body

Mindfulness is a practice of being fully in the present, filling your mind with the now.

Mindfulness can be a still practice or can be incorporated with movement.

Stretching while practicing mindfulness, for instance, is a great way to get new benefits out of both experiences.

Stretching is a great way to break up your workday, get centered, and connect to yourself on a deeper level. Taking just a few minutes per day to stretch will energize your mind and body, release tension from your joints and muscles, and improve your productivity.

As we sit at our desks our hips, legs, chest, and shoulders become very tight which can lead us to feel stagnant and tired. Stretching mindfully means being aware of these tight spots and accepting them, while patiently working through the tension.

Mindful stretching is not approached with the same vigor as our workout program, where we challenge our limits. Instead, it asks us to be more accepting of our limits and make the primary focus about releasing resistance. A more flexible body (and mind) are the by-product.

The next time you feel tired, or out of ideas at your work desk, try adding the following considerations to your stretch routine:

- Take note of how you breathe. Aim to deepen and smooth your breathing.

- Visualize your breath moving into the muscles you are stretching and melting away any tension.

- Feel the breath move out of your body and bask in the sense of relaxation.

It can take time to see the cumulative benefits of this practice, but it is worth it.

Try it today and you will notice an energy boost.

Keep on a schedule for stretching and make it a daily occurrence.

The most important thing is reconnecting with your breath, your body, and your mind.