

Self Care – For Bookkeepers Exercises & Stretches

At Desk (at least hourly the more frequently the better)

Stretches for Shoulder & Neck

- Roll shoulders both directions
- Slowly turn Head from side to side looking over shoulder
- Bring Ear to Shoulder slowly on both sides – focusing on the shoulder being down and back to intensify the stretch
- Interlock hands at back stretching arms away from body and upwards direction. Check shoulders down and back.
- Stretch arm across the body and restrain with opposite hand. **SHOULDERS DOWN...**

Stretches for HANDS & Wrists

- Pull fingers back towards forearm
- Make fist tense then release

Stretches for EYES

- Take off glasses, find a point in the distance and focus for 10 -15 seconds

**BEGIN IT NOW!!
SEIZE A LITTLE TIME FROM YOUR DAY TO LOOK AFTER YOU!**

Self Care – For Bookkeepers cont.

Relieving Body Tension

Tension in Back of Head & Neck

Place 2 x tennis balls in a sock tying a knot to keep them together.

Lie down on a flat firm surface (bed OK, floor is more intense) with legs elevated feet either up a wall or knees bent and feet flat on floor (knees bent better for lower back suffers)

Position tennis balls in hollows under skull at the back of head and rest back onto them. A wheat/ rice pack is ideal for helping to keep balls in place.

Lie in this position for approx 10 mins no longer than 15 mins as this can be very intense. Excellent done just before bed as can help sleep and relaxation.

Tension between Shoulder Blades

Fold bath towel in half and roll up so it remains long.

Place rolled towel on floor on a mat length wise.

Gently position spine along towel ensuring that the lower back (waist down) is in contact with the floor and not on towel.

Knees should be bent and feet flat so as to protect lower back.

Arms should be away from the body with palms turned up allowing the chest to expand and open out.

Lie in this position for at least 5 mins taking deep belly breaths.

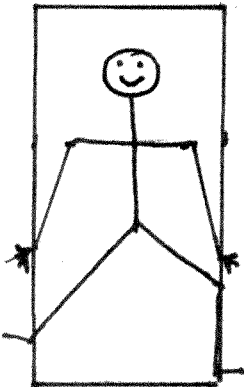
Most of all INVEST in YOURSELF!!! YOU ARE WORTH IT!!

Self Care – For Bookkeepers cont.

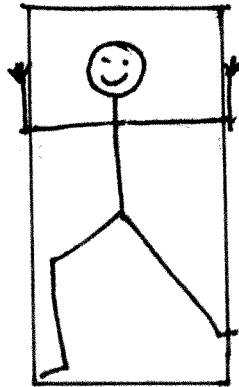
DOORWAY stretch – great for Pecs and Shoulders

- Using the doorway as resistance lunge through stepping one foot forward therefore your arms will be pulled back opening the chest area.
- Hold for at least 10 seconds in each of the 3 arm positions.

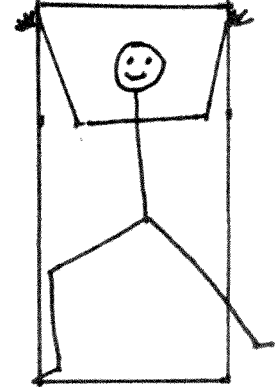
Arms Down



Arms @ Shoulders



Arms Up



TOWEL OR BELT STRETCH

Especially good after warm shower either morning or night.

- Stretch arms out to sides with towel in one hand.
- Arm with towel bends at elbow so hand is as close to shoulder as possible. Then bent arm raises up behind head until elbow is pointing to ceiling. Hand and towel are dangling down spine towards feet.
- Other arm bends in opposite direction (with elbow pointing down and hand up the back along the spine) and grabs the end of the towel.
- Pull towel in opposite direction holding for at least 5 secs (longer is good) then release. Repeat 3 times after each release try to move hands along towel towards each other.

Other suggestions:

- Warm baths with Epsom Salt or Lectric Soda (Washing crystals)
- Regular Exercise especially swimming and core strengthening activities such as YOGA (great for mind release as well), Pilates and Weight training (supervised so as not to create injury. Walk the dog...
- Have a regular professional Body Treatment at least every 6- 8 weeks. Try Massage, Osteopathy, Accupuncture, Reflexology or any form of nurturing that appeals to you.