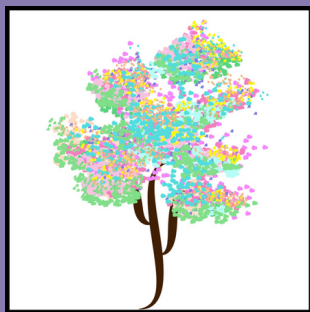


4 WORK  
FRIENDLY  
*RELAXATION*  
EXERCISES



WELLNESS THERAPY  
OF SAN DIEGO

# Relaxation Helps

Relaxation techniques are crucial in today's fast-paced world, as they provide a much-needed respite from the daily stressors we encounter. In the workplace, where deadlines, demands, and pressures are prevalent, incorporating relaxation techniques becomes even more important.

Taking regular breaks to practice relaxation exercises helps to alleviate built-up tension, reduces anxiety, and promotes mental clarity. It allows employees to recharge, refocus, and maintain a balanced state of well-being. By prioritizing relaxation in the workplace, individuals can enhance their productivity, improve decision-making abilities, and foster a healthier work environment overall.

## STRATEGIES INCLUDED

Belly Breathing

Muscle Relaxation

Mindfulness

Taking Breaks



01



B E L L Y  
B R E T H I N G

01



# BELLY Breathing

Start by sitting in a quiet space - an office or outside if needed. Place one hand on your chest and the other on your abdomen.

Let your eyes close. Breathe in slowly and deeply through your nose, focusing on filling your abdomen with air rather than your chest. Your hand on your abdomen should rise while the hand on your chest should move very little.

Exhale slowly through your mouth, feeling your abdomen gently deflate. Take your time with the exhalation, ensuring it is longer than the inhalation.

As you inhale, visualize your diaphragm descending, allowing your lungs to expand fully. This encourages a deeper breath.

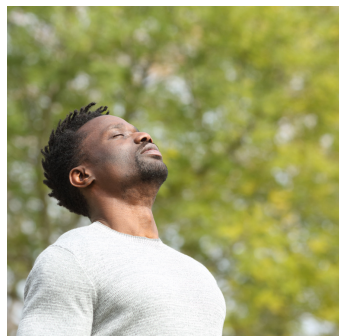
**Relax Your Body:** As you breathe, consciously release tension from your body. Let your shoulders and jaw relax, allowing the breath to flow freely.

**Practice Regularly:** Start with just a few minutes of belly breathing each day and gradually increase the duration. Aim for at least 5-10 minutes to experience its full benefits.

**You can do this sitting or leaning back in a chair, in your car during a break, or anywhere you feel comfortable with your eyes closed.**

**Practice makes progress, and consistency is vital. Try this several times a week and at various times throughout your work day.**

For an audio recording of belly breathing, go to:  
[www.wellnesstherapysd.com/therapyresources](http://www.wellnesstherapysd.com/therapyresources)



02



M U S C L E  
R E L A X A T I O N

02

## MODIFIED

# Muscle Relaxation

Our body and our brain like to be on the same page. Therefore, if you're having a stressful day or are feeling overwhelmed, taking time to relax your body can relax your mind as well. Progressive Muscle Relaxation (PMR) is a relaxation technique that involves tensing and then relaxing different muscle groups to promote a sense of calm and reduce stress.

- 1. Sit or lie down in a relaxed position*
- 2. Take a few deep, slow breaths to help calm your mind*
- 3. Tense the muscles in your toes by curling them tightly for 5-10 seconds. Notice the sensation of relaxation as the muscles unwind.*
- 4. Work your way up through different muscle groups - tense & release muscles in your feet, calves, thighs, abdomen, arms, shoulders, neck, and face.*
- 5. Pay close attention to the sensations in each muscle group as you alternate between tension and relaxation.*
- 6. If you notice particular areas of tension or stress, spend extra time on those muscle groups*
- 7. When you're done, slowly bring your awareness back to your surroundings*



You can modify PMR to make it work for you in your workplace.

- In a meeting, tense your leg muscles under the table - in a virtual meeting, you can tense most muscles from the neck down without being seen!
- In the break room, stretch/tense your lower back, shoulders, and neck- something we all commonly do.
- If you work from home, leave your workspace to practice PMR

For an audio recording of PMR, go to:  
[www.wellnesstherapysd.com/therapyresources](http://www.wellnesstherapysd.com/therapyresources)

03



M I N D F U L N E S S

03

# Mindfulness

Mindfulness is paying attention, in the present moment, non-judgmentally.

Mindfulness can be self-guided, though many find it easier to use an app or recorded mindfulness to help focus. There is no shortage of apps and youtube videos available. The advantage of self-guided practices is that you can use it anywhere, anytime. A nice place to start with mindfulness is with your 5 senses. Find and describe in as much detail as possible:

5 things you can see

4 things you can touch

3 things you hear

2 things you can smell

1 thing you can taste

If you like this, you can be intentional about keeping items in your workspace to interest your senses.



**Stepping away from your desk or workspace, when possible, can help to make mindfulness more effective. If you're able to minimize distractions (turn off ringers/email notifications) during your practice, this would be best. You can use headphones if you're in a shared office space and listen to a guided recording.**

For an audio recording of mindfulness, go to:  
[www.wellnesstherapysd.com/therapyresources](http://www.wellnesstherapysd.com/therapyresources)



04



04

# Taking Breaks

Taking regular work breaks is essential for maintaining good mental health and overall well-being. The human brain, like our muscles, requires periods of rest to function optimally. Continuous work without breaks can lead to burnout, increased stress levels, and reduced productivity.

Everyone is allowed breaks throughout the day depending on length of hours worked. Make sure you take your rest and meal breaks *everyday!* Don't just stop emailing for a couple of minutes or take your lunch at your desk. Physically get up and move away from your workspace. Taking regular breaks throughout the day enhances cognitive functions such as creativity, problem-solving, and decision-making.

Engaging in activities unrelated to work, even if just for a few minutes, promotes relaxation, reduces tension, and can help prevent the accumulation of stress throughout the day. Ultimately, incorporating regular breaks into one's work routine cultivates a healthier work-life balance, fosters mental clarity, and contributes to sustained long-term productivity.



Taking breaks throughout the day is one way to build healthy work habits that sustain mental well-being.

Being sure to take your sick and vacation days is just as important. We often attempt to "save" our vacation days, or we feel uncomfortable taking sick days. This leads to more burnout, more quickly.

If you don't take time away from work regularly, you're likely to feel more tired at work and less committed as well. Your sick/vacation days are part of your pay package and are yours to use!

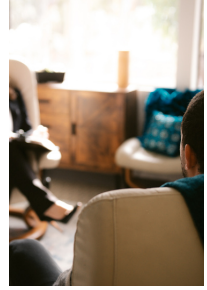
# WELLNESS THERAPY

# SERVICES



## INDIVIDUAL THERAPY

WE CURRENTLY OFFER INDIVIDUAL THERAPY TO TEENS AND ADULTS. WE ARE ABLE TO PROVIDE THIS SERVICE IN PERSON AND VIA TELEHEALTH, AS WELL AS IN SPANISH. INDIVIDUAL THERAPY INTENSIVES ARE AVAILABLE FOR SOME PRESENTING CONCERNS - FEEL FREE TO REACH OUT FOR MORE INFORMATION!



## ASSESSMENT

WE PROVIDE ASSESSMENTS FOR CHILDREN, TEENS, AND ADULTS AND ARE ABLE TO ACCOMMODATE MOST REFERRAL QUESTIONS. OUR CLINICIANS HAVE SPECIALIZED ASSESSMENT SKILLS WITH ADHD IN ADULTS AND CHILDREN, COMPLEX/COMORBID CASES, AND COGNITIVE/MEMORY CONCERNS.



## MEDICATION MANAGEMENT

WE PROVIDE IN-PERSON AND TELEHEALTH MEDICATION MANAGEMENT SERVICES. MANY OF OUR CLIENTS FIND THE ADDITION OF MEDICATION PIVOTAL IN MAKING GAINS IN THEIR THERAPY AND OVERALL MENTAL HEALTH. WE FOCUS ON THE WHOLE PERSON REDUCING THE STIGMA AROUND PSYCHIATRIC MEDICATION.



## GROUP THERAPY

THE GROUP THERAPIES WE OFFER VARY BASED ON THE NEEDS OF OUR CURRENT CLIENTS AND THE COMMUNITY. CURRENTLY, DR. BEN METTA PENHAS IS HOLDING A MEN'S PROCESSING GROUP. THIS GROUP MEETS ON TUESDAY EVENINGS, IN PERSON, FOR 70 MINUTES.





## About Wellness Therapy of San Diego

Established in 2017, Wellness Therapy of San Diego's primary mission is to serve the diverse and vibrant San Diego community. We take immense pride in creating an open and welcoming practice for all celebrating the richness of diversity in every form.

We provide comprehensive care through an interdisciplinary team allowing us to compassionately and effectively care for clients who have an array of concerns

Each of our team members boasts their own unique training and specialty areas, and we work to match you with the best fitting provider based on your needs and preferences.

We're able to provide in-person services to those in the local area, and telehealth to those residing in California.