

# WORKINGwell FOR LIFE

A complimentary newsletter from WorkingWell Solutions of Sheboygan

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## TIP OF THE MONTH

**Don't eat lunch at your desk. Get away to somewhere quiet or different if only for a 15 or 20 minute break.**

*Workingwell Solutions is a Sheboygan-based company offering a variety of job-site programs to assist with injury prevention and loss control. These services are designed to reduce worker's compensation costs and employee absenteeism while improving overall health, productivity, and job satisfaction. Our programs are customized to meet the individual needs of each company we serve. We look forward to working well with you.*

## STRESS OR CALM

There is so much going on these days that it's difficult to keep your cool. Improving your physical well-being – even slightly – will help you cope with everyday problems, create a positive outlook, improve your concentration and productivity, and relieve fatigue and anxiety. Here are some stretches and positions specifically designed to pull you out of the stress vortex and move you into a state of calm:

**Overhead Stretch:** Stand or sit upright with your arms relaxed at your sides. As you inhale deeply, slowly sweep arms upward in a big, circular movement. Exhale as you sweep arms back down to your side. Do this as slowly as you can manage. Repeat three times.

**Jaw Release:** First check for tension in your jaw. Clench your jaw tighter, then release. Now lightly press the tongue against the roof of the mouth just behind the front teeth. Relax your lips and allow them to part slightly. Feel your jaw muscles relax. Repeat this several times a day, especially just before falling asleep at night.

**Calming Posture:** Sit or stand up tall. Shake out your hands and allow arms to fall to your sides. Pull your shoulders back and down, and gently tuck your chin, elongating the back of your neck. Now imagine someone or something gently pulling you upward from the top of your skull. Take a deep breath in, hold it for five seconds, and then exhale slowly and completely.

**Head Lift:** Place your right hand at the back of the neck at the base of your skull (if you're left handed, use your left hand). Place your other hand on your forehead. Gently exert effort with both hands to "lift" the head from the body. Then relax, move arms to your side, and take a deep breath in, hold it for five seconds, and then exhale slowly and completely.

**Pressure Point:** Prop your elbows on a table or desktop and reach to the base of the skull with your middle fingers. Find the sensitive spot just below the ridge of the skull about an inch out from the spinal column on either side. Apply finger pressure until a light pain can be felt. Hold that pressure from 30 to 60 seconds. Slowly release.

**Foot Release:** Slip off your shoes and place a tennis or golf ball beneath the arch of one foot. Use a comfortable downward pressure and move your foot backward and forward over the ball. Do this for 1-2 minutes on each foot.

## STAT OF THE MONTH

**\$300 billion,  
or \$7,500  
per employee,  
is spent annually  
in the U.S.  
on stress-related  
compensation  
claims**

Call WorkingWell Solutions today to set up training sessions for your company:  
920-207-2740, or visit: [www.workingwellsolutions.com](http://www.workingwellsolutions.com).