

# 8 Step Body Check

Use this simple guide in your daily routine to reduce stress on your body. Use this guide every few hours to improve not only your physical health, but to reduce stress in the mind as well! If you listen to your body and respond with a kind heart, the effects of stress on your body and mental health will decrease!

Take 2 minutes to focus only on your breathing (In & Out). Reduces stress & increases awareness of your body (learn to listen to your body to respond properly).

7

8

Keep the top of your head flat & eyes forward. Take breaks from your screen every 30 minutes (~2min break)

6

Keep your shoulders back & relaxed. Maintains posture & assists deep breathing.

5

Keep your chest open & up towards the sky. Helps with posture & deep breathing (more space to fill your lungs/ deeper breath).

4

Core engaged for proper posture.

3

Pelvis forward to help with maintaining proper posture throughout the day.

Aim to drink 3L of water. Proper nutrition improves physical health, mental health, & cognition!

2

Don't sit all day! Walk, stand, & stretch periodically (break from sitting every 20 minutes).

Aim to get 60 minutes of physical activity a day. Spread it out as small intervals throughout the day or as one big chunk..up to you!

1

Equal distance between your toes & heels when you stand.

