



# Shepherd Care®

Revision Date:  
May 22, 2023

*To Care for People Where They Live and Work*

## COMMUNITY Care TOPIC

### **An Exercise in Stress**

There are exercises and activities that each of us can do to cope and address the effects of Stress.

#### **Physical Exercise**

By practicing these quick and easy warm-up exercises, the body will be able to release tension. Some of these exercises can be practiced almost anywhere.

**Head and Neck Roll-** Relax your shoulders and let your head drop to one side. Then with your chin down, slowly roll your head forward in a circular motion from side to side about ten times.

**Leg Stretch-** Gently lower yourself to the ground with your palms touching the floor and one leg bent forward at the knee under your chest, and the other leg straight behind. Hold this position for ten seconds then switch leg positions. Repeat about five times.

**Back Stretch-** lie down on your back with your arms folded under your head and your knees bent, placing the sole of your feet flat on the floor. Gently push your lower back onto the floor. Hold for ten seconds. Relax. Repeat about five times.

**Arm Stretch-** Raise your arms over your head, fingers interlaced, palms facing up. Push up as far as you can. Hold for ten seconds. Relax. Repeat about five times.

Take a walk outside after work! Eat healthy.

### **Mental and Emotional Exercise**

To avoid burn-out, practice some exercises to change the scenery. Get a hobby, do a crossword or sudoku puzzle, enroll in a college course for personal improvement, and read a magazine or book.

#### **Spiritual Exercise**

There are things that we cannot change in life. "It is what it is." Practicing letting things go, placing boundaries in your life, say no, and seeking counsel if you are overwhelmed with stress. Do activities that cultivate inner peace.

#### **Work the Stress Out!**

Introducing your Community Chaplain

**Eric Kieselbach**

*(pronounced "key-sill-baa")*

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"Those who do not find time for exercise will have to find time for illness."

**Earl of Derby**

"For bodily exercise profiteth."

**1 Timothy 4:8**

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