Exam De-stress

Movement

Long hours studying in the library and sitting in a chair leaves us all stressed, tired and stiff. In this leaflet you will find a few easy exercises designed to improve circulation in your upper body, improve posture and release tension in your arms, shoulders, neck and head.

At your desk

- Inhale to extend arms above head
- Exhale to release arms by side
- Repeat 5-10 times

- Inhale open arms wide
- Exhale wrap arms around body
- Repeat 5-10 times
Our short walking routes will also help refresh your mind and body and are the perfect excuse for a study break. There are 3 routes to pick from (2 outdoor 5 & 10 minutes & 1 indoor) aim to accumulate 30 minutes each day. Aim to follow the upper body routine every 1-2 hours you are studying.

**Neck stretch**
- Place hand over head & tilt head towards shoulder
- Hold 10-15 seconds each side

**Seated forward fold**
- Sit up straight in a chair
- Feet flat on the floor, feet & legs wider than hip distance apart
- Exhale hinge from the hip, drop hands towards floor, allow arms & head to relax
- Take 5 breaths before returning to seated position

**Walking**

Our short walking routes will also help refresh your mind and body and are the perfect excuse for a study break. There are 3 routes to pick from (2 outdoor 5 & 10 minutes & 1 indoor) aim to accumulate 30 minutes each day. Aim to follow the upper body routine every 1-2 hours you are studying.

1. **Walk 1** walk to 12th floor of library
   - Library
   - University Avenue
   - Gibson Street

2. **Walk 2**
   - Library
   - University Avenue
   - Bank Street

3. **Walk 3**
   - Library
   - Gibson Street

Walk back down from 12th floor to your desk