



Improve your writing!

Relax with these simple stretches:

Strained shoulders?

- Stand, arm behind your back, hold wrist with other hand
- Bend elbow and gently pull your arm across your back
- Hold and repeat for the other arm

Stiff neck?

- Stand, feet shoulder-width apart
- Turn your head as if to look over one shoulder
- Hold and repeat for the other side

Sore back?

- On all fours, curve your back upwards
- Keep head turned down
- Hold and repeat

Feeling stressed?

- Clench fists, tense arms and tighten legs
- Lift shoulders as high as possible
- Hold and then release fully