



LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

LAWYER WELL-BEING WEEK ACTIVITY PLANNING GUIDE

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Activity Title:	5-10 min Desk Yoga
Well-Being Dimension:	Physical
Complexity Rating (1 to 3):	1 2 3 (1-2)
Required Resources/Materials:	Desk, chair and wall – Amy Pruett will provide a LIVE (and recorded) demonstration during well-being week if requested
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Activity Objective:

An activity designed for individuals to promote awareness of the body and senses, as well as the present moment, especially in times of challenging legal work.

Well-Being Connection (How/Why Does this Work?)

Many lawyers spend a significant amount of time sitting at a desk, responding to overwhelming workload, much of which is adversarial. The pressure to perform high-volume high-quality work at all times can lead to burn out. Sitting for long periods can lead to harmful physiological responses, including slower metabolic rates, depressive chemistry and chronic stress. Also, because many lawyers lead with their intellect and minds, they can be out of touch with the mind-body connection, leading to knee jerk reactions and emotional outbursts. Mind-body techniques can minimize the stress response so the body functions better and prevents illness, as well as lead to more conscious reactions and choices that allow lawyers to reclaim control.

The exercises in this activity allow for physical and psychological recharging. Even spending five minutes at a time throughout the day will allow participants to feel more awake and more connected to the body. There are two ways to recharge depending on the nature of your fatigue: if you are drained from lack of motion, active recharging may be more appropriate; if drained from lack of sleep, passive recharging may be more appropriate. I have included a few exercises for each that require nothing more than yourself in your work clothes, a desk, chair, and wall (as well as water for hydration and towel/paper towel for perspiration if needed).

Procedure

Preparation: Please ensure that chair does not roll. If it does, position the back of the chair against a wall so it will not move. You can stay in a seated position for all of the exercises below, or you can choose to stand for a few. If you feel comfortable taking off shoes, please do so; otherwise, please wear flat shoes with little or no heel. Please have water and paper towel available for rehydration and any perspiration, as needed. Note where to avoid any exercise due to injury, and always get a doctor's OK if you have any concerns.

Begin either active or passive exercises with a deep "balloon" breath as follows:

- Take a deep breath in through the nose to a count of 3 or 4, allowing the stomach to expand and air to fill into the ribs and sides of the body, inflating the stomach like a balloon. Pause at the top of the inhale. Exhale with a sigh from the back of the throat with open mouth, to one count longer than the inhale (4 or 5). Feel the warm air as it leaves the body and release any thoughts and tension with the breath into the floor. Repeat 3 times.
- For all seated exercises, come to the edge of the chair, with feet flat on the floor. Imagine a string from the top of the head to the ceiling and roll the shoulders back and down.
- For all standing exercises, place feet hip's distance apart, spread the toes wide (if you can in shoes too!) and press the feet down through the floor. Imagine a string from the top of the head to the ceiling and roll the shoulders back and down.

Active Recharging Exercises:

1. March:

- a. Seated: Begin to bring one knee at a time up toward the chest, gently pulling the knee in where comfortable. As you release one knee, bring the other knee to the chest and back down. Repeat 10 -15 times each side at a steady pace.
- b. Standing: Begin to bring one knee at a time up to hip level. As you release the leg back down, bring the other knee up to hip level and back down. Repeat 10 -15 times each side at a steady pace.

2. Wall or chair sit:

- a. Seated: hold the arms of the chair or a desk if there are no arms. Gently lift the feet about 1-2 inches off of the ground. Zip up the belly and hug it in toward the spine. Breathe in and out slowly to counts of 4-5. Release feet back down. Repeat 5 times.
- b. Standing: (DO NOT DO THIS EXERCISE IF ANY KNEE ISSUES) place entire back and hips against a wall and walk the feet out a few paces in front of you hip's distance apart, with toes slightly turned out. Gently bring the back down the wall until the hips are no lower than the knees and thighs parallel with the ground. Hold in this position as long as comfortable. Breathe in and out slowly, hugging the belly in. Gently come back up.

Preparation

Procedure

3. Desk or Wall push up:

- a. Seated: If chair does not move, remain seated and far enough away from desk so that arms can extend fully with hands placed at edge of desk. Roll the shoulders back and down. Place the hands a little wider than shoulder distance apart, and spread the fingers wide. Inhale, and gently bend the elbows to bring chest in toward the desk. Exhale while pushing back upright. Repeat 10-15 times at a steady pace.
- b. Standing: come to a wall, standing far enough away so that arms can extend fully with hands on the wall. Roll the shoulders back and down. Place the hands a little wider than shoulder distance apart, and spread the fingers wide. Inhale, and gently bend the elbows to bring nose or chest toward the wall. Exhale while pushing back upright. Repeat 10-15 times at a steady pace.



Preparation

- 4. Arm circles: in either standing or sitting position, extend arms out to the side with palms facing down. Breathing normally, begin to make small circles with the arms and gradually allow them to get bigger. Flip palms up and reverse direction of the circles from bigger to smaller. Repeat as many times as comfortable, remembering to breath.
- 5. DRINK WATER AND BREATHE NORMALLY. STOP AND TELL SOMEONE IF YOU FEEL DIZZY, SHORTNESS OF BREATH, OR FAINT AT ANY TIME.

Passive Recharging Exercises:

1. Swan flow:

- a. Seated: Reach the arms out to the side with palms up. Inhale and lift the arms up over head so the hands touch. Flip the palms down and exhale back down and fold the chest over the legs. Lift torso back to upright position and arms down to side. Repeat 5-6 times at slow pace, keeping in line with the breath.



Procedure

b. Standing: Reach the arms out to the side with palms up. Inhale and lift the arms up over head so the hands touch. Flip the palms down and exhale back down until the torso is parallel with the floor. Lift torso back to upright position and arms down to side. Repeat 5-6 times at slow pace, keeping in line with the breath.

2. Shoulder/chest stretch:

- a. Seated: walk the hands behind your back either on arms or on edge of chair. Clasp the hands behind the back, and gently roll the shoulders back, while lifting chest up slightly toward ceiling and head gently back. Open and close mouth a few times to release the jaw. Come back to upright position. Repeat 2-3 times slowly, remembering to breathe.
- b. Standing: Clasp the hands behind the back, and gently roll the shoulders back, while lifting chest up slightly toward ceiling and head gently back. Open and close mouth a few times to release the jaw. Come back to upright position. Repeat 2-3 times slowly, remembering to breathe.



Preparation

3. Hip stretch: In seated position, gently lift the right ankle and place it over left knee (careful not to put pressure on the knee). Either stay here, or gently start to fold the torso over the legs, moving from the hips and hugging the belly in. Hold for 5 breaths or however many breaths are comfortable and allow for release in the hips. Come back to upright, and switch the legs so the left ankle is placed over the right knee, and repeat bringing the torso over the legs. Remember to breathe slowly.



Procedure

Preparation

4. Back stretch: (DO NOT DO THIS EXERCISE IF YOU HAVE ANY SPINE INJURIES) In seated position, allow the arms to dangle in front of you. Bring the chin in toward the chest and slowly start to drop your head and spine, one vertebra at a time until the hands are close to the feet. Stop wherever you feel comfortable and. Breath slowly throughout, and slowly roll back up. Repeat 2-3 times.

Suggestions for Resources

Hallie Love & Nathalie Martin, Yoga For Lawyers: Mind-Body Techniques to Feel Better All the Time (ABA Publishing 2014)

I will also post these exercises on my company, Abunditude's website, www.abunditud.com and post pics/do live video on our FB page: www.facebook.com/abunditude