

Whether you're working around the house or on the job, we want to make sure your body can "shoulder" the load. This month's issue focuses on keeping your shoulders loose and ready for whatever you have on your summer to-do list.



Shoulder pain

The shoulder is an intricate joint with tendons, ligaments, muscle, and bone all converging to allow your arms to flex and rotate in various directions. Because of this complexity, shoulder pain is a very common ailment at any stage of life. Don't let pain or stiffness lead to a more debilitating injury. If shoulder pain is holding you back on or off the job, try these stretches on your lunch break to relax those stiff shoulders!



Doorway Chest Stretch

- Begin in a standing upright position in the center of a doorway.
- With your elbows bent, place your hands on the sides of the doorway at roughly a **120 degree** angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.
- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Overhead Shoulder Stretch with Chair

- Begin in a standing upright position in front of a chair with your hands resting on the backrest.
- Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.
- Make sure to keep your movements slow and controlled and do not shrug your shoulders during the exercise.



Shoulder Stretch

- Begin in a standing upright position.
- Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position. This stretch should be gentle and pain-free.
- Make sure to keep your back straight during the exercise.

Get Organized



Plan your week ahead of time using a planner or calendar! This will help you remember everything that you might have going on during the week ahead so you are not surprised by any events or activities that you may have forgotten. Having your week laid out in front of you will help you feel more in control of your tasks and reduce your stress! As you go throughout your day, check off items and tasks that you've completed. This will help bring a sense of accomplishment to your day. Additionally, save yourself some extra time and unneeded stress by planning your daily meals at the beginning of each week.

Sleep



Sleep is vital to us as humans and plays an important part in our daily functioning. Each night, our slumber sessions help process and store all of the information your brain has received during the day so it is recommended that we snooze for 7-9 hours each night. Lack of sleep can cause loss of focus, memory impairment, fatigue, stress, and high blood pressure. Additionally, getting proper Z's during the night can help you feel rested and energized to take on each day's tasks.