

Winter Warm Up

Calm in the Palm: The Five-Finger Breathing Exercise

Today's mental challenge invites you to pause, breathe, and reset with a simple yet powerful exercise. The five-finger breathing technique uses your hand as a guide to help you slow down, focus, and calm your mind.

This is perfect for a Saturday—take a few moments to reconnect with yourself, whether you're at home, running errands, or taking a break from the holiday hustle.

You can even do this as many times as you need throughout the day to bring a sense of peace and clarity.



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

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Release and Relax: Neck Tension Challenge

After a long week, Saturday is the perfect time to focus on releasing tension and resetting your body. Our neck and shoulders often bear the brunt of stress and long hours, so today's challenge is all about easing that tension with simple, effective stretches.

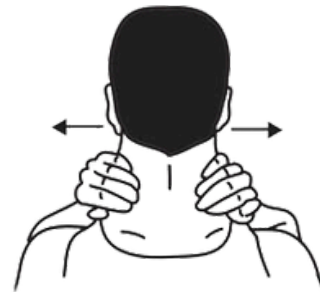
Take a few moments to do these stretches three or four times throughout the day to relax and recharge. It's a small act of care that can make a big difference in how you feel heading into the weekend!



neck massage



up and down rows



opposite rows



shoulder massage



grip slides



side-to-side tilts