Move

Moving your body is important to get your blood flowing and to help you breathe more deeply. Even small movements during the day can help you sleep better, and feel less fatigued. Moving includes exercising on purpose and using all your body parts during the day. Move your head, neck, shoulders, hands, wrist, chest, hips, legs, and feet. Add some extra movements while sitting or standing to keep all your joints flexible.

Movement tells your brain to stay alert. Moving with awareness can reduce stress and improve concentration. Over time, moving your body helps you stay healthy and fight off illness. Both energetic movements, and very slow movement, can help some people manage depression and anxiety.

Try some simple stretches throughout the day, like shoulder rotations:

- Sit or stand with a straight back, looking forward.
- As you breathe in, roll your shoulders backwards and up towards your ears.
- As you breathe out, roll your shoulders forward and downwards.
- Repeat this forward shoulder roll 3 to 5 times.
- Next, reverse direction. As you breathe out, roll your shoulders forward and up, breathe in while rolling them back and downwards.
- Repeat this backward shoulder roll 3 to 5 times.

Take your Wellness Pulse: https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/

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