

Week 3: Good Vibes, Great Habits

Duration: ~8-10 minutes Frequency: 1-2x Daily

Let's refresh our minds and bodies with simple habits that bring great vibes to our workday! Reset your posture, take a deep breath, and stand or stretch every hour to boost energy and reduce tension.

[Click here to watch the exercise demo](#)



Posture + Breath Reset

- Sit up straight with shoulders relaxed and feet flat on the floor.
- Take 3-5 deep breaths: inhale through the nose, exhale slowly through the mouth.
- Roll your shoulders back and down to release tension.





Stand and Stretch Every Hour

- Set a timer or calendar reminder every 60 minutes.
- Stand up, reach both arms overhead, and stretch side to side.
- Do a few shoulder rolls and walk a quick lap around your space.



20-20-20 Rule (Eye Care + Screen Break)

- Every 20 minutes, pause your screen time.
- Look at something at least 20 feet away.
- Hold your gaze there for 20 seconds to reduce digital eye strain.





2-Minute Deskercise

Need a refresher? Head back to [Week 2](#) for a full routine.

- 20 Standing Calf Raises
- 30 seconds of Arm Circle in each direction
- 30 seconds of Marches

Hydration Check-In

- Keep a reusable water bottle at your desk.
- Take a sip every 20-30 minutes, set a reminder if needed.
- Optional: add fruit or herbs (like lemon or mint) for flavorful boost.





Mindful Breathing

- Close your eyes or soften your gaze.
- Inhale for 4 counts, hold for 2, exhale for 6 count.
- Repeat for 1-2 minutes to calm your nervous system.

Habit Stacking

- Link a wellness habit to an existing one.
- Example: Stretch while waiting for your coffee to brew.
- Or take deep breaths before your next Zoom call begins

