

The Importance of Letting Go

# ONE EXERCISE AT A TIME

Exercising helps boost  
your mood and improve  
your health.





Community  
Health Worker

When we worry or go through a stressful situation, we tend to have repetitive thoughts that overwhelm our minds and create tension in our bodies. Factors such as illness, financial trouble, work stress, or experiencing a traumatic event may increase the risk of developing anxiety. But there are steps you can take to reduce stress and help your overall health and sense of well-being.

Try replacing repetitive thoughts with exercises; here are a few easy moves to help release tension.

## Exercise

1

For this exercise, spread your feet shoulder width apart. Put the weight on your big toes and not on the heels of your feet. You are going to make fists and place them behind you on your waist.

With your knees gently bent, you are going to push your stomach forward. At the same time, you are going to move your head back a little. Take deep breaths, as you wait 5 seconds and then return to normal starting position.

Repeat 3 times.

This exercise only takes about 15 seconds, but this is enough to stretch your nerves. This is the first of different exercises, let's see more.



## Exercise

2 In this exercise, you are going to put your hands on your waist, you are going to bend your knees and then you are going to move your hips in a circular way. Make sure that the middle of the torso moves to one side and the hips to the opposite side. You are going to count 15 seconds.

This allows you to stretch the lower back where we store a lot of stress. This exercise can also help you if you have stress constipation.





## Exercise

3

In this exercise you will need a chair, grab one from your dining room or office. Start by sitting with your legs slightly spread, spine straight, shoulders relaxed, and your neck centered in a neutral position.

You are going to put your hands in front of you and begin to slowly interlace them backwards with palms toward the ceiling. Hold for a few breaths, return to the center, then lean to one side. Continue to reach toward the ceiling, finding length along the side of your body from your wrist to your hip. Hold for a few breaths, then repeat on the other side.

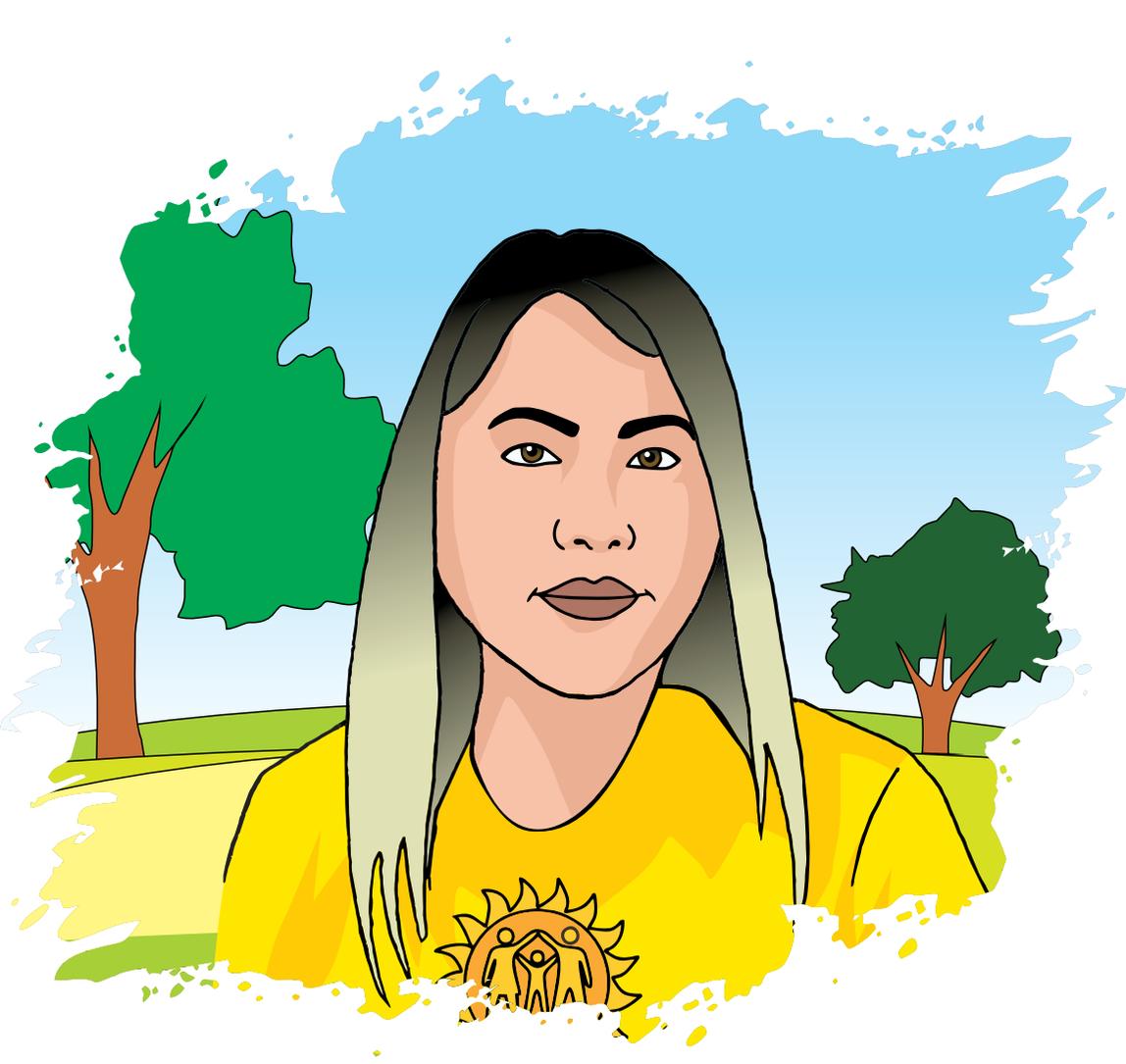


### Exercise

4

For this last exercise, you stand up, place your feet hip-width apart, and slightly bend your knees. Then you count to 5 and fold forward to touch the floor with your fingers.

If you can't reach the floor, bend your knees a little more. With your hands placed on the floor, stretch your knees as much as your flexibility allows. Hold the stretch for 10 seconds and then slowly begin to climb back into the normal position. Repeat three times.



Exercise is one of many methods you can use to manage stress. These light stretches are short and can be done at any age. I recommend that you practice them as a family. It's important to make sure you take good care of your body, mind, and soul every day by eating healthy, reducing stress, exercising regularly, and taking a time-out when you need it. If you need professional help, you can contact El Sol for resources.

**To learn more about implementing the CHW/promotor model into your organization, visit us at [elsolnec.org](http://elsolnec.org)**

# HELP FIGHT AGAINST COVID-19!

Community Health Workers/Promotores (CHWs/Ps) have proven to be essential in the fight against COVID-19.

They are the bridge between health/social services and the community and offer outreach, education, and referrals to social services, testing, and vaccination sites.

Contact El Sol CHW/P Training Center if you or your organization is interested in helping your community and join the fight against COVID-19.

[www.elsolnec.org](http://www.elsolnec.org)



## CHECK OUT MORE OF OUR COVID-19 TOOLKITS:

- Comic Strips
- Activity Book
- Drama
- Healing Toolkit
- Videos and more!

**YOUR VACCINE IS WAITING FOR YOU.**



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