

*Self-care  
isn't selfish*



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STATE BAR OF WISCONSIN

### Swan flow:

While seated, reach your arms out to the side with palms up. Inhale and lift arms up overhead so your hands touch. Flip the palms down, exhale back down, and fold your chest over your legs. Lift your torso back to an upright position with arms down to your sides. Repeat 5-6 times at slow pace, keeping in line with the breath.

### Shoulder/chest stretch:

While seated, walk your hands behind your back and clasp hand. Gently roll your shoulders back while lifting your chest up slightly toward the ceiling. Tilt your head gently back. Release your jaw by opening and closing your mouth a few times. Come back to an upright position. Repeat 2-3 times slowly, remembering to breathe.

### Hip stretch:

In a seated position, gently lift your right ankle and place it over your left knee (be careful not to put pressure on the knee). Either stay here, or gently start to fold your torso over your legs, moving from the hips and hugging your belly in. Hold for 5 breaths (or however many are comfortable) to allow for release in the hips. Come back upright, place left ankle over right knee, and repeat on this side. Remember to breathe slowly.

From well-being.net

