

# Study Break

# MENU

## STARTERS

Getting out of your chair is best for your body, but for times when that is not an option, try these menu items:

**Do chair stretches.\***

**Do your kegels.\***

**Give yourself a neck or shoulder massage.**

## HOUSE SPECIALS

Schedule a free health coaching appointment at [uhs.berkeley.edu/healthcoaching](https://uhs.berkeley.edu/healthcoaching)

\*See back

## MAIN DISHES

### Move Your Body

*Take a quick walk or jog around the building. Do jumping jacks, squats, and/or march in place with high knees.*

### Relax and Release

*Listen to a guided relaxation exercise.\**

### Fuel and Hydrate

*Opt for balanced choices like fruit with nuts or cheese. Take sips from your water bottle regularly.*

### Take a Disco Nap

*Sleep or just rest your eyes for 20-30 minutes in the Wellness Room on the 5th floor.*

### Get Some Fresh Air

*Walk outside and take a deep breath. Can be combined with other menu items for added benefits!*

## Ways to stretch without leaving your chair:

- Roll your shoulders backwards and forwards
- Interlace your hands behind your head, sit up straight, and pull your elbows back
- Gently tilt your head to the side, down, to the other side, down, and repeat
- Roll your wrists in both directions, and stretch out your fingers
- Interlace your fingers, turn palms outward and straighten arms above head. Tilt from side to side.
- Sit on the edge of your chair with one foot on the floor and the other leg straight with heel touching the floor. Reach towards the toe of the straight leg. Switch sides.
- Sit up straight and twist to one side, moving only your shoulders. Switch sides.
- Move to the side of your seat so that only one thigh is resting on the seat. Stretch the unsupported leg behind you, while keeping your torso upright. Switch sides.
- Stretch open your jaw and eyes.

## How to do kegels:

- Locate your pubococcygeus muscle (PC) by stopping your urine mid stream. The muscle you are accessing is your PC muscle.
- Tighten and release this muscle, repeatedly, to strengthen it just as you would do repetitions of any other exercise.
- Try starting with a dozen reps a few times a day and gradually build up to more.
- You can do them anywhere even while studying, in class, eating, on a date, in a meeting, at a red light, you get the idea.
- Benefits: Increased orgasmic intensity and experience as well as improved urinary continence.

## Meditation for study

[tinyurl.com/2ujhggp](https://tinyurl.com/2ujhggp)