

## At-Home Mindfulness and Fitness Tips

Chair Yoga: [3-minute home or work practice](#)

Fitness at Home: [FBI Physical Fitness Test App](#) (free)

**Check up from the Neck Up Relaxation Exercise:** [Check Up from the Neck Up](#)

Several times daily, one can practice “Check Up from the Neck Up,” especially when there’s a lot of mind activity going on, like:

- feelings of being stressed
- what to do, where to go
- what’s happening tomorrow (or an hour from now)
- what happened yesterday, what was done, not done, said, not said
- am I criticizing or judging myself or others

1. Become aware of the “mind chatter” that is going on.

2. “Check Up from the Neck Up” – for just a few minutes, become the observer, witnessing the self.

3. Quiet the mind, become still, focus on being centered and fully present – awareness is key.

4. While witnessing your “mind chatter” simply recognize the tension, the worry, the stress, etc. – asking, “Where am I right now?” “Am I truly present in this moment?”

5. Breathe in relaxation; breathe out stress.

- Take a long, slow deep breath in through your nose, while centering in your heart, breathing in relaxation to the count of four
- Hold that breath, imagining it resting above your head, expanding love and relaxation to the count of four
- Then slowly breathe out through the nose to the count of four, releasing any stress, tension, worries, saying “Peace” or saying “Calm” during the out breath.

This only takes 1-2 minutes and with practice it can help one to become centered, focused, and relaxed. By practicing this exercise regularly throughout the day, one becomes more aware each time and learns to recognize self-induced stress situations and can become better and better at managing that stress.

Managing and living a life with less stress contributes to improved health and well-being, mind/body/spirit.

*Resource: <http://www.mindfulteachers.org/2018/06/neck-up-check-up.html>*