

# MID-YEAR WELLNESS

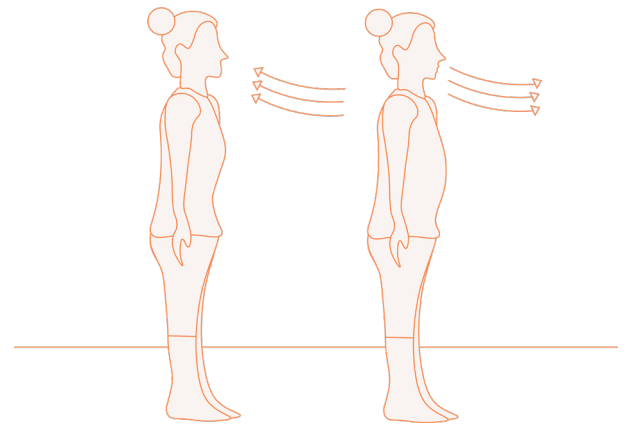
## 30 Day Challenge

### Glossary

**BREATHE DEEPLY** — For our deep breathing practice, we'll use "bellow" breathing, a traditional yoga technique used to energize the body, increase alertness, and clarify the mind.

#### How to "bellow" breathe:

- Sit up tall and relax the shoulders
- Inhale and exhale rapidly through your nose
- Expand your belly full with each inhale
- Keep your mouth closed and relaxed (Your jaw should feel loose, not clenched)
- Do 3 in-and-out breath cycles per second



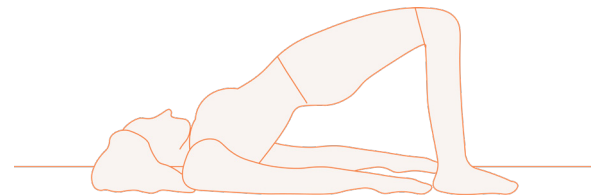
#### Pro Tip:

To avoid hyperventilating, don't try this for more than 15 seconds in the first session. Each time you practice, try increasing your time by 5 seconds, but don't use this technique for longer than 1 minute at a time, even if you feel like you've reached an expert level!

**KEGELS** — An exercise that strengthens the pelvic floor muscles. The pelvic floor holds up our bladder, colon, cervix, vagina, and more. It controls many functions related to urinary continence and sexual function.

#### How to do a Kegel:

- Lie on your back (once you get the hang of it, practice while sitting and standing)
- Contract your pelvic floor muscles for 3 to 5 seconds
- Relax for 3 to 5 seconds
- Repeat the "contract and relax" cycle 10 times



#### Pro Tip:

Locate your pelvic muscles by pretending you are trying to hold back urine. Keep your other muscles relaxed. If you feel like you're squeezing your butt, belly, or legs, you're targeting the wrong muscles!

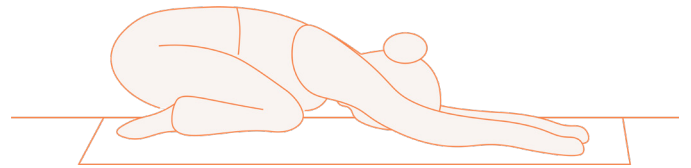
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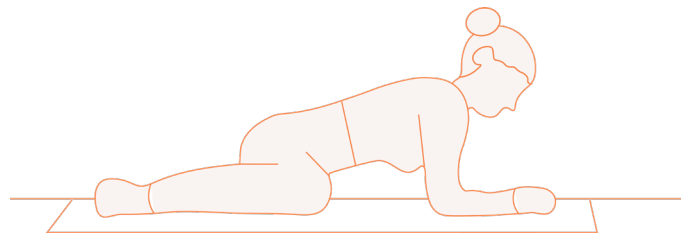
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**SOFTEN THE PELVIC FLOOR** — A series of exercises to help relax tight pelvic floor muscles. Stretching and relaxing tense muscles is absolutely essential for maintaining their health and effectiveness.

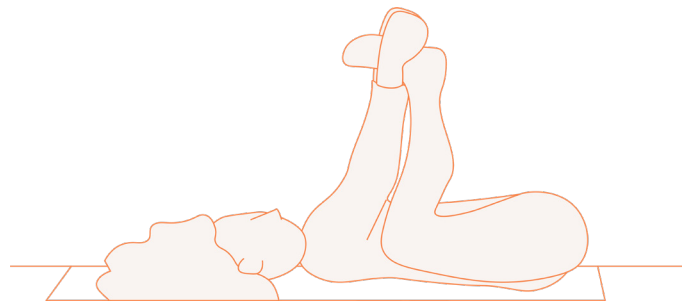
**Child Pose:** Start on your hands and knees. Relax your bottom down towards your heels (your knees should be wider apart and feet closer together). Hold an easy stretch for 30 seconds and breathe deeply into your belly. Your head can rest on the floor.



**Frog Pose:** Begin in a tabletop position on your hands and knees. Slowly move your knees out to the side and lower your chest to the ground. Pause and breathe as you feel the stretch, don't push your body too hard. Ease yourself down to your forearms and place your palms flat together or on the ground. Hold the stretch for 30 seconds. Breathe deeply into your belly.



**Happy Baby:** Lie on your back. Grasp the inside of each foot with your arms inside your knees. Allow your knees to widen apart. Hold for 30 seconds and breathe into your belly.



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**MEDITATION** — A set of techniques that are intended to encourage a heightened state of awareness and focused attention. The purpose of meditation is not to clear your mind, but to gently bring your attention back to your breath whenever you notice your thoughts drifting.

**How to meditate:**

- Choose a quiet spot that is free of distractions
- Pay attention to your body and get comfortable
- Focus on your breathing, take deep breaths that expand your belly and slowly exhale
- Notice your thoughts without judgment and direct your mind back to your deep breathing



**Pro Tip:**

If you choose to play music, select something quiet, calm, and repetitive.

**JOURNALING** — A technique of writing, either in a stream-of-consciousness or with a prompt, that can help you to reduce stress, improve memory, and achieve your goals.

**How to journal:**

- Gather your tools - a pen and a notebook, your laptop, or the My Tabu Journal supplement provided in this packet
- Choose a quiet spot that is free of distractions (you can see why we paired it with meditation)
- Set a timer - it's easier to journal when there is a clear finish line
- Refer to your prompt of the day and write



**Pro Tip:**

Nobody can see what you've written (unless you choose to share it, of course!), so don't worry about writing something "good". Just write what feels natural in the moment and let it be.

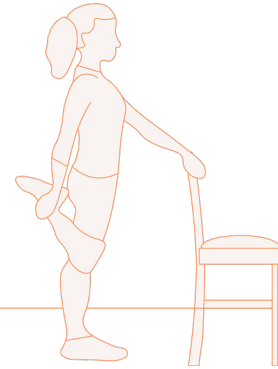
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**STRETCH AND BUILD STABILITY** — Exercises that ease stiff joints and improve flexibility and mobility.

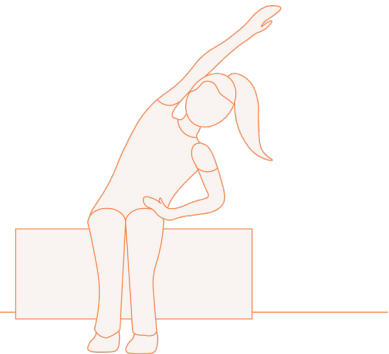
**Standing Quadriceps Stretch:** Grab a heavy chair or the back of a couch for support. Hold onto the chair with your left hand. Bend your right knee, using your right hand, grab your ankle and gently pull your foot towards your bottom. Hold this position for 10 to 30 seconds, then repeat with your left leg.



**Seated Knee to Chest:** Sit comfortably in your chair. While seated, grasp your right knee and slowly pull it towards your chest. Once you feel the stretching sensation, hold this position to 10 to 30 seconds. Repeat this exercise with your other leg.



**Overhead Side Stretch:** While seated, raise your arms over your head, interlocking your fingers if you'd like. Keeping your torso long, slowly lean to the left. Hold this position for 10 to 30 seconds, then return to center. Repeat the same stretch on the right side.



**Shoulder Stretch:** Stand, or sit straight up, as tall as you can. Grab one of your arms with your opposite hand, gently pull your arm across your chest until you start to feel a stretch in your shoulder. Hold this position for 10 to 30 seconds and then repeat with your other arm.

