

POSTURE + BREATH RESET

RELEASE TENSION. OPEN POSTURE. SUPPORT NATURAL LIFT.

A simple daily routine to reduce stress tension held in the neck, shoulders, chest, and jaw.

WHY IT MATTERS

Modern posture habits — sitting, screens, stress, and shallow breathing — can create tension patterns throughout the body and face.

When the chest tightens and the head shifts forward:

- ✦ breathing becomes restricted
- ✦ neck tension increases
- ✦ jaw tightness builds
- ✦ shoulders round inward
- ✦ the face can appear more tense and fatigued

This routine helps restore mobility, breathing awareness, and a more open posture from within.



YOUR 5-MINUTE DAILY RESET

1 CHIN TUCKS

Re-align neck + head posture



How: Sit tall. Gently glide chin straight back while keeping eyes level.

🕒 5–6 seconds × 8 reps

Why it helps: Supports neck alignment and helps reduce forward-head posture from screens and desk work.

2 SHOULDER ROLLS

Release upper-body tension



How: Roll shoulders up, back, and down slowly.

🕒 8 reps each direction

Why it helps: Opens the chest and improves posture awareness throughout the day.

3 DOORWAY CHEST STRETCH

Open tight chest muscles



How: Place forearms on doorframe. Step forward gently until stretch is felt across chest.

🕒 20–30 seconds × 2–3 rounds

Why it helps: Counteracts rounded posture caused by sitting and computer work.

4 CAT-COW STRETCH

Improve spinal mobility + breathing expansion



Inhale (Arch)

Exhale (Round)

How: On hands and knees: inhale – arch spine gently, exhale – round spine slowly.

🕒 6–10 slow repetitions

Why it helps: Encourages fuller breathing and releases tension through the spine and rib cage.

5 WALL POSTURE HOLD

Reinforce upright posture



How: Stand against wall with head, shoulders, upper back lightly touching wall. Keep ribs relaxed and core engaged.

🕒 20–30 seconds × 3

Why it helps: Builds awareness of natural upright alignment.



BREATH RESET PHYSIOLOGICAL SIGH

Calm the nervous system quickly.

1
Inhale through the nose



2
Take a second short inhale



3
Slowly exhale through the mouth



Repeat 3–5 rounds

Why it helps: Helps release stress tension patterns held in the body, jaw, neck, and chest.