

Tip of the Month: Protect Yourself by Moving Mindfully



Healthcare workers like you are good at taking care of patients.

Remember, it's equally as important to take care of yourself. Here are a few tips:

1. Breathe deeply: Count to 5 while taking a deep breath. Repeat 5 times to calm nerves and relax muscles.

2. Move your body as a whole and avoid reaching and twisting at the waist:

- Plan ahead; gather and keep frequently used items within arm's reach
- When changing directions, such as when hanging an IV bag, move head, shoulders, hips, and feet together

3. Keep spine in natural position:

Squat and bend at knees to reach items below the knees.



When sliding a patient to head of bed, bend knees and side step to head of bed.



To slide or turn a patient, use staggered stance, bend knees, and shift weight from one foot to the other.



4. Stretch*: See examples below. Hold stretches for 20-30 seconds and repeat stretches 2 –3 times.

For additional stretches and exercise options, visit [Duke HR: Take Ten to "Energize Your Day"](#).

Standing Back

Extension:

Stand up tall, place hands in the small of your back. Extend backward, arching your back. Look straight ahead; head should remain somewhat neutral.



Doorway Stretch:

Stand in the doorway, with forearms on either door post. Elbows at shoulder height. Once in position, walk slightly forward until you feel a stretch in your chest and the front of your shoulders. You may stretch one at a time.



For more information on:

- Mental and physical wellness, visit [Duke HR Wellness](#).
- Safe patient handling and mobility, visit [Duke MOVES](#).

*Adapted from [Duke HR Exercises & Fitness, Take Ten "Energize Your Day" Activity Options: Take Ten Stretch, Activity Guide](#).