



WELL BEING AT YOUR DESK

DATE: October 10, 2025

SUBJECT: CLE - World Mental Health Day

From: Stacey Smydo, LSN Member and Yoga Instructor

5 Essential Stretches You Can Do at Your Desk, Yoga Journal

An article from Yoga Journal with some stretches that you can do at your desk.

<https://www.yogajournal.com/practice/desk-yoga/>

Yoga at Your Desk, Yoga with Adriene

A 6-minute desk yoga practice video from Yoga with Adriene. Subtitles only for when you prefer a quiet practice.

<https://www.youtube.com/watch?v=tAUf7aajBWE>

5-Minute Yoga at your Desk, Brittany Bryden

Another short desk yoga video by Brittany Bryden, a well-known yoga teacher in Ottawa.

<https://www.youtube.com/watch?v=mDbD1LeJwus>

Box Breathing: How to do it and Why it Matters, Calm.com

A short article about box breathing including how to do it.

<https://www.calm.com/blog/box-breathing>

Music Recommendations

Listening to music can help bring calm or inspiration to your day. These are two of my favourite modern composers. Check out their work on your favourite music source.

- Stephan Moccio is a Canadian composer and pianist. He has composed some well-known pop music but also composes and performs lovely piano works.
- Edvard Kravchuk is a Ukrainian composer and pianist.