

ATLANTA TRAFFIC CRISIS »RESCUE KIT«

Blood pressure is rising, patience is wearing thin, and backs are aching on roads across Atlanta. We all need a strategy for getting through the next 6 weeks- hopefully not any longer! Inspire Health is delivering you a traffic rescue kit for mind and body. Implement it daily and we promise you will mitigate the stresses of the 85 bridge collapse and maybe even end up with some new healthy habits.

MINDFULNESS MEDITATION MOMENT:

Create a bubble of Zen around your car and keep the road ragers from entering your mental space. Arrive at work or home with a sense of calm and intention that allows you to rock the rest of your workday or evening at home.

MINDFUL MEDITATION TIP from Geoff West, LMT

If you find your self getting irritated or "tensions running high" in the group of travelers surrounding you try redirecting your attention.

- Try wishing the other travelers safe passage to their loved ones and family, their daughters and sons, parents and grandparents, romantic partners and friends. Or that they are eager to arrive at their job so they may care for their families, arrive at their passion so they may save for that vacation they've planned.
- You can also try looking to the natural beauty that's around you and relax your eyes. Listen with your eyes, feel with your eyes... Look to the clouds, the sky, the trees and grasses. Simply gaze and admire your surroundings.



MINDFULNESS NUTRITION MOMENT

Put a stop to the post commute stress eating by stocking your car with snacks to keep you satisfied, energized and fueled for the day. Nothing good happens when you hit a blood sugar low while stuck on 285.

MINDFUL NUTRITION TIP from Sarah Marjoram, MS, RDN, LD:

Eating well is all about having a plan and being prepared. The ideal car snack is something non-perishable and nutritious. Keep pre-portioned servings of homemade trail mix with nuts, seeds, and dried fruit. Fresh, whole fruit is also a great option. You can pass the time while peeling your mandarin orange. I also advise having a large water bottle in the car for hydration at all times. In fact, it's best to keep several water bottles.



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MINDFUL MOVEMENT TIPS from Sara Baker, PT, MS, OCS

MOVEMENT: Is sitting in your car for hours morning and evening turning your spine into an aching mess? Use these simple exercises to keep your spine mobile and muscles active. Caution: do these only when traffic has stopped and you can put your car in park – we don't need any additional accidents to clog the roads further!

DIAPHRAGMATIC BREATHING:

The breath is where your mind, body and spirit meet so you can imagine your breath patterns in your commute might change. Each breath you take loads the spine and requires some small movements of the spine – if you are breathing with a shallow breath that begins in your upper chest and neck vs a healthy diaphragmatic breath that starts in your lower ribs and belly you will be causing stress to your spine and not getting good gas exchange. As shown in the picture put one hand on your breast bone, other hand on your belly button. Start your breath in by expanding your belly and the sides and back of your rib cage, exhale and feel your belly compress slightly and your ribs draw in and down slightly. Breath in and out through your nose. If you feel your breast bone starting the breath in, use your mind to change where you move to draw air into your lungs- quiet the neck and shoulders, expand the belly.



CAR PLANK:

Sit directly on your sit bones, slight backward curve in your low back, rib cage directly over your pelvis, head directly over center of ribcage, eyes looking at the road ahead, hands places on the roof of your car slightly in front of you. Image the spine growing taller toward the roof of the car as you exhale and gently press your hands into the roof to feel your abs turn on and waistline pull in gently. Inhale release. Repeat 8-10 times



TWISTED TRAFFIC SPINAL ROTATION:

Sit with head, ribcage and pelvis stacked up and a slight backward curve in low back. Place left palm on the right side of the steering wheel, gently press left hand into the steering wheel as you rotate your chest to the right. Feeling your abs working to rotate your torso. Keep breath flowing, don't hold your breath. Repeat 3-5 times, Reverse hand and direction of rotation, 3-5 repetitions.



SPINE "BUILD ME A NEW BRIDGE" EXTENSION:

Scoot forward in your sit slightly so you are not resting your upper back into the seat. Sit with head, ribcage and pelvis stacked up and a slight backward curve in low back. Place both palms on the top of your steering wheel. Gently press down into the steering wheel as you lift your breast bone, then your throat, then your nose to create a gentle backward bend through your upper back and neck. Imagine the neck growing longer as you extend. Return to vertical by reversing the motion, nod the head, lower your throat, lower the breastbone. Keep breathing throughout. Repeat 3-5 times.



MERMAID IN SEA OF TRAFFIC:

Sit with head, ribcage and pelvis stacked up and a slight backward curve in low back. Raise right arm in an arc overhead. Grow taller through your spine as you lift up and over an imaginary fence at your waist to create a side bend in the spine. Return to upright by feeling one segment of your spine stacking up on top of the other. Repeat to other side. 3-5 reps each side.

