

# SCOTTISH BALLET

## Health at Hand FOR NHS & SOCIAL CARE STAFF



Each 10-minute movement and breath session is designed to address physical and mental health and is accompanied by specially created music. The sessions can be delivered with small groups of staff together in office/corridor spaces (while maintaining social distancing) following along on YouTube with a laptop screen/tablet during handover or team time. The resources are also ideal for staff to follow on a smartphone alone at home to promote physical and mental balance.

### ENERGISE

Warm and activating session suitable for the start of any shift.

### REJUVENATE

Daily maintenance session involving movements to balance minds and address back, leg and foot fatigue, suitable for breaktimes.

### RELAX

Relaxing, letting-go session combining gentle movements to soothe bodies and minds and prepare for home time and rest.

### SESSIONS:

[scottishballet.co.uk/healthathand](http://scottishballet.co.uk/healthathand)

### CONTACT INFO:

[dancehealth@scottishballet.co.uk](mailto:dancehealth@scottishballet.co.uk)

### #SBHEALTH

### BE SOCIAL



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[scottishballet.co.uk](http://scottishballet.co.uk)

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