



# Stretch

Researchers at Boston University School of Medicine found that stretching triggers the release of the brain chemical gamma-aminobutyric acid, or GABA. GABA helps regulate nerve activity. The findings suggest a link between stretching, higher levels of GABA in the thalamus, and improvements in mood and anxiety based on psychological assessments.

## GABA

### Desk yoga

You don't have to be able to go into a "downward dog" to tap into the benefits of stretching. Many exercises can be done right at your workstation, and the best part is that stretches relieve stress, improve mood, and improve ergonomics after only a few minutes. Visit [saif.com](http://saif.com) > Employer > Safety > Stretch and flex to get started.