

# HeadFIT

## Body Posture Feedback

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Did you know that you can literally shift your mindset by changing your posture? It's like muscle memory. Your brain chemistry changes and you feel different.

If you want to feel more confident, straighten your spine. Put your head up, your shoulders back, and spread your limbs away from your body so you actively take up more space. It's a power position. It could be sitting or it could be standing. If you're feeling anxious, it feels like you might want to curl up to take up less space to protect yourself, but you actually need to sit up straight and open up your shoulders so that you can take deep, slow breaths. Make sure your hands, or jaw, or feet are not clenched. It may feel unnatural, but the action of smiling really does change your brain chemistry. It's worth trying if you want to feel happier.

If you feel stuck in one particular mood, moving around can sometimes help shift your mindset. It pulls your attention away from your thoughts back into your body. Try twisting your trunk, rotating your neck, and slowly bend towards your toes. Just remember your body and mind work together. So keep moving and notice the difference.