



# POWER POSTURE: STRONG BODY, STRONG MIND

A strong body is directly associated with a strong mind. How you carry your body in space can impact your thoughts and emotions. It takes a strong mind to build a strong body, and a strong body to have a strong mind.

## There are strong postures and weak postures. What is the difference?

### STRONG POSTURE:

- Head up with the chin retracted back
- Shoulders rolled back with the chest up
- Arms are open or on the hips
- Hips are pointed forward with equal weight distribution from side to side
- Both feet are pointed forward



### WEAK POSTURE:

- The head hangs forward and down
- Shoulders are rounded forward and the spine is rounded in a C-shape
- Arms are crossed or closed into the body
- Weight shifts from one side to the other with unequal weight distribution of the hips
- The toes are pointed inward or outward instead of forward



People with strong posture are more resilient. Interestingly, it has been noted that not only is their posture stronger, but so is their mind. People with better posture are noted to be more confident and more positive.

### **STRONG POSTURE, STRONG MIND:**

- Higher level of confidence
- Greater self esteem
- Higher sense of self-leadership
- More positive mood
- Higher level of productivity



### **WEAK POSTURE, WEAK MIND:**

- Lower level of confidence
- Diminished self esteem
- Lower sense of self-leadership
- Poor mood
- Lower level of productivity



## **POWER POSTURES:**

An remarkable research study was done at Harvard University regarding Power Postures. When the body is in an open power pose the person not only looks more confident, but they actually are more confident. The research shows that holding a power pose for just 2 minutes at a time increases the levels of testosterone that the body produces, and decreases levels of cortisol. High testosterone levels are associated with power and dominance, whereas low cortisol levels are associated with decreased stress.

You can literally change your physiology to be more powerful with proper posture. According to Carney et al. (2010), power postures “cause neuroendocrine and behavioral changes [including] elevations in testosterone, decreases in cortisol, and increased feelings of power and tolerance for risk.” People with proper posture embody self-confidence and power due to neuroendocrine changes in physiology.





## TRY THIS AT WORK:

If you are feeling down, or feeling less confident about a situation, you can stimulate power and dominance by changing your posture.

Try this the next time you feel stressed out at work. Instead of staring at your computer in a slumped posture feeling stress and adrenaline of an upcoming deadline, maintain a power posture instead. Sit up straight, roll your shoulders back, pick your head up, and open your arms. This power posture will help reduce stress, improve your mood, and stimulate a higher level of alertness.

When you feel stressed out about a deadline your body releases cortisol and epinephrine. Cortisol continues to stimulate the stress cycle. Epinephrine is adrenaline, it stimulates the “Fight or Flight” response. When this is released your body is gearing up for a fight or fast movement. The last thing you want to do is sit in a sedentary, slumped posture. It is healthier to get up and take a walk, take deep breaths, and maintain a good upright posture.

Give this a try the next time you are feeling stressed out. Take note of how your body feels and how much better you can concentrate!

Also, before walking into an important business meeting, maintain a Power Posture to stimulate confidence. You don’t want to walk in looking or feeling timid. Change your posture to improve your overall work performance.

## MAKE THE CHOICE TO HAVE STRONG POSTURE:

Your body and mind are directly connected. You have the choice, do you want to have a strong mind and body, or weak? The choice is clear. By engaging in good posture habits you can transform your life to be more positive, confident, productive, and healthy.

What you do on a daily basis shapes who you are and who you become. Your habits become your reality.

Make the commitment to choose powerful posture habits for a strong mind and strong body.

Your posture is with you wherever you go, choose to overcome weakness with strong posture.

