

Posture/Breathing/Thoughts: Shift in 30 seconds!

Stand and slouch forward, lower your head.
Shift weight to right heel and stiffen right knee.
Dangle your arms.
This is the posture of depression.
Breathe very shallow breaths.
Think of a major mistake you experienced in the past.

Now you feel depressed. Let's release it in 30 seconds

Take a deep breath and straighten your back.
Raise your head and pull shoulders up and back.
Exhale and center your weight on both feet.
Move one foot slightly ahead of other.
Put weight on balls of feet.
Breathe evenly and deeply.
This is the posture of excellence.
Remember a major success.
How do you feel?

Remember you can make this simple shift in a moment. Just decide.

Paraphrase of Paul R Scheele, Natural Brilliance, 1996