

# Building Resilience

## Instructions:

## Power Pose Exercise

Our brains and bodies are linked. Very simplistically, information is received and processed through our emotional and thinking brains and thoughts and feelings are generated that inform our physiological state and behaviours that appear to the outside world.

However, research has now proved that the reverse is also true, that we can change the way we feel and think by adopting a bodily state associated with those feelings – a form of reverse engineering for the mind & body! For example, if you are experiencing anxiety before giving a presentation, by adopting a physical pose synonymous with confidence (standing tall, shoulders back, keeping eye contact with the audience & smiling), this will inform your inner feelings and thoughts and make you feel more confident.

There are several examples of how this has been proven – ref Amy Cuddy – ‘Fake it till you Make it’ Ted Talks & work by psychologist Erik Erikson, to name a few.

Through developing strategies to access resourceful states, you will be more equipped to cope when faced with challenging circumstances and by adopting these positive poses on a regular basis you will find your baseline mindsets becoming more positive. This exercise provides a technique to develop the poses that are associated with resourceful states.

**Step 1:** Identify a positive state that you would like to model eg confident, assertive, positive

**Step 2:** Close your eyes and recall an experience when you felt [insert the state] (ensure this experience does not have any negative feelings associated with it as these may have an impact on the exercise)

**Step 3:** Visualise the experience in full as if it were happening now, and, being back in that time as if it were happening now, notice what you see, what you hear and feel the sensations in your body. Notice how you are holding your body – your shoulders, your arms, your head and gaze, your facial expressions etc

**Step 4:** Take a moment to adopt the pose, noticing how you feel and make a mental note of how to recreate this pose in the future.

**Step 5:** Count back from 10 to 1.

**Step 6:** Practise adopting the pose and notice the feelings (if you have not been able to re-experience the positive feelings repeat steps 1-5 and try again). If the experience that you have chosen to relive has other feelings associated with it or the feelings were not strong enough you may need to find another experience to work with.

**Note:** Other common positive power poses that you can practise include:

Success – looking up, arms punching into the air

Confidence – arms behind back, pushing chest out, opening breathing

Positive – smiling (forced by using a pencil in mouth to mimic pose), will raise positive feelings

Positive – walking fast & looking up counting eg rooftops for 20 minutes plus will raise positivity