

USING AN UPRIGHT POSTURE FOR INCREASED CONFIDENCE

INFORMATION SHEET

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Using an upright posture is a simple yet effective technique for managing social anxiety. Research has shown that our posture can affect not only our body but also our mind, mood, and brain activity. By adopting an upright posture, we can boost our confidence and reduce our anxiety.

An upright posture can help people with social anxiety in several ways. Firstly, an upright posture can increase confidence. When we stand or sit up straight, we look more confident and assertive, which can help us feel more in control of social situations. Secondly, an upright posture can reduce anxiety. Research has shown that an upright posture can reduce anxiety and increase positive mood. This may be due to changes in brain chemistry and activity. Thirdly, an upright posture can improve breathing. When we slouch or hunch over, our breathing can become shallow and restricted. An upright posture allows us to breathe more deeply and freely, which can help calm our nerves and reduce anxiety. Finally, an upright posture can improve blood flow and energy. An upright posture allows for better circulation, which can help us feel more energized and alert.

Here are some tips for adopting an upright posture:

1. Stand or sit up straight: When standing, distribute your weight evenly on both feet and keep your shoulders back and down. When sitting, sit up straight and avoid slouching or leaning forward.
2. Engage your core: Tighten your abdominal muscles slightly to help support your spine and improve your posture.
3. Relax your shoulders: Avoid tensing your shoulders or holding them up to your ears. Instead, let them relax and drop down.
4. Keep your chin level: Avoid tilting your head up or down. Keep your chin level with the ground.
5. Practice regularly: Adopting an upright posture may feel uncomfortable or unnatural at first, but with practice, it can become a habit. Try to practice every day, especially before social situations or when you feel anxious.

Please note that this information is not intended to substitute medical advice, diagnosis, or treatment.