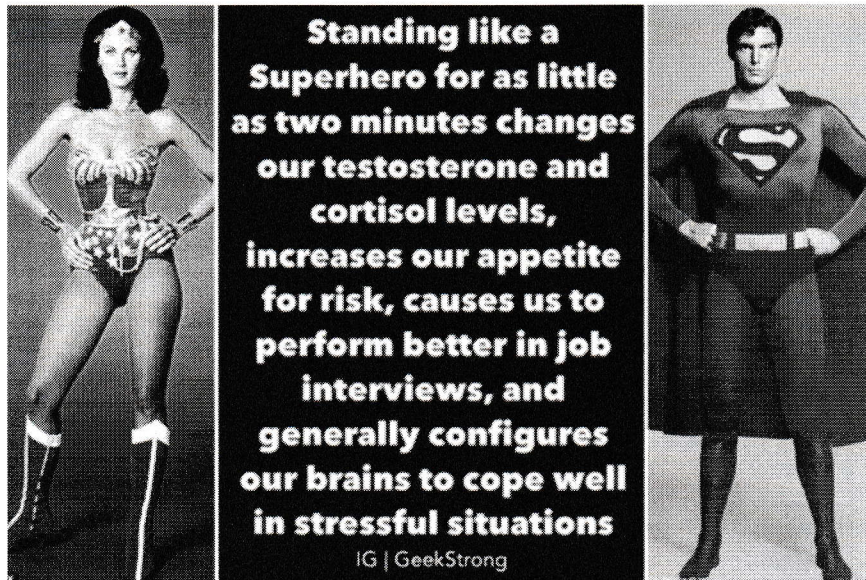


# Julie Showering Hypnotherapy

## The Power Pose



There has been quite a lot of research into how our body language can affect the way we feel and, indeed, the way we perform!

In the 1990's psychologist Paul Eckman asked a group of volunteers to smile or grimace whilst he recorded any changes in their heart rate. He discovered that when they smiled their heart rate decreased!

So, can we actually change the way we feel simply by changing our posture?

Dr David Hamilton Exercise

1. Adopt the position of someone feeling 'I am not enough' – this could be head down, slumped, sad looking – stay like this for 2 mins – how do you feel? Probably negative, miserable, sad etc.
2. Adopt the position of someone feeling "I am enough" – this is probably sitting upright, head held high, shoulders back, smiling – stay like this for 2 mins – how do you feel? More positive, confident, self-assured.

Professor Amy Cuddy of Harvard has researched a similar effect in primates, in that to make themselves feel more powerful, stronger and bigger, they raise their arms above their heads. She writes "*In both human and non-human primates, expansive, open postures reflect high power, whereas contractive, closed postures reflect low power. Not only do these postures reflect power, they also produce it*"

In a study, Prof.Cuddy checked the saliva of a group of volunteers before and after adopting the Power Pose for 2 mins and the results were incredible! Standing in the Power Pose for just 2 mins can have a 25% reduction in Cortisol, the stress hormone and a 20% increase in Testosterone, Confidence hormone!

So that's it's completely true that we can alter our bodies chemistry, simply by changing our posture!

*P.Eckman, An argument for basic emotions. Cognition & Emotion 1992*

*AJC Cuddy, Power Posing:brief nonverbal displays affect neuroendocrine levels & risk tolerance 2010*

*David Hamilton PhD, I Me, The Science of Self-Love 2015*