

5 postures to reduce stress immediately in just 2 minutes

Revealing 5 stress relief postures helps you believe in success in just 2 minutes.

The US Centers for Disease Control and Prevention said: "90% of stress-related illnesses, sometimes stress can help us conquer fear and motivate to accomplish something, or adapt to difficult and dangerous situations but if you are constantly in a state of stress and anxiety can affect the physical and emotional state of the body".

Sociology psychologist Amy Cuddy said: " **Body gestures** determine what people think of us. Moreover, they affect their self-confidence a lot ." Stress does not necessarily exist, but it is because people perceive the situation in different ways, depending on the reaction and attitude they are dealing with. It turns out that there are poses that can help us orient the brain to win. On the **Bright Side** page you want to reveal **5 stress relief postures** and help you believe in success in just 2 minutes.

#first



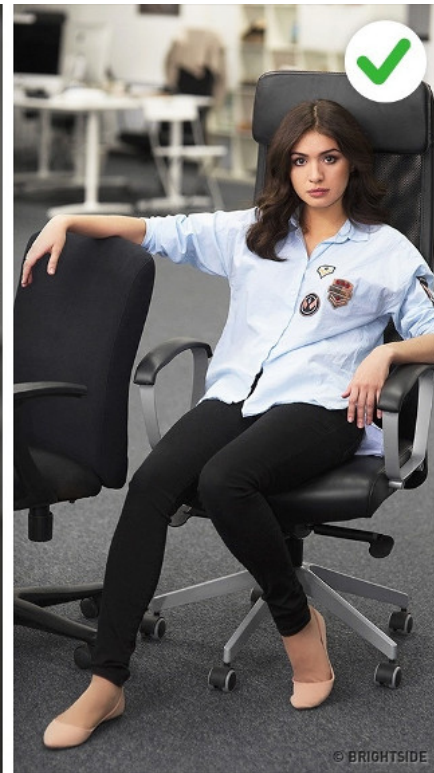
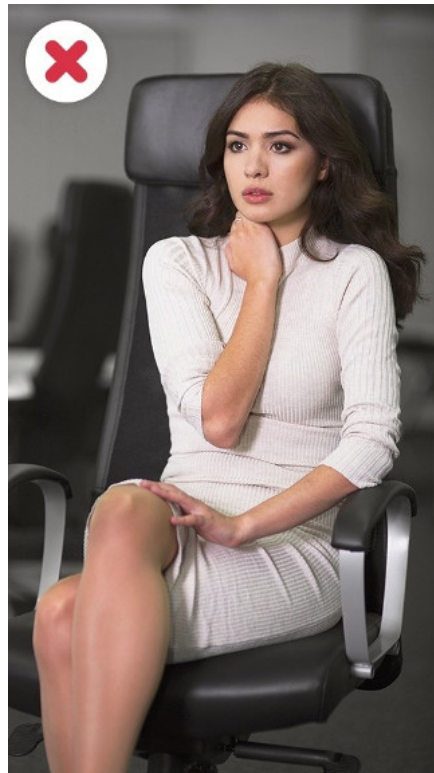
Body language greatly influences important situations in everyday life such as promotion opportunities, interview opportunities or public speaking. Special, body gestures and postures also affect our minds. Most animals tend to use a wider space to express their own strength. Also doing that research with people: we are often open, comfortable when we feel confident and we are often timid when we feel anxious and helpless.

#2



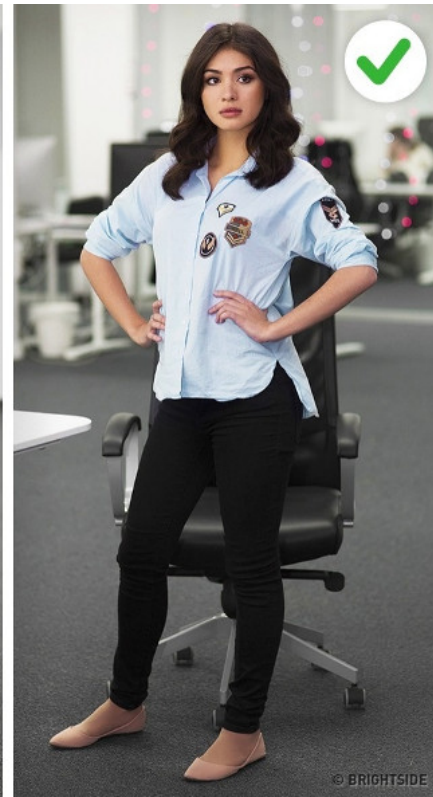
Thinking affects the body . Strong people are more optimistic and confident, they always take risks and don't worry about whether they win or not. Strong people have high levels of **testosterone** (*leadership hormone*) and low cortisol levels (*stress hormones*). That means they can endure more stress.

#3



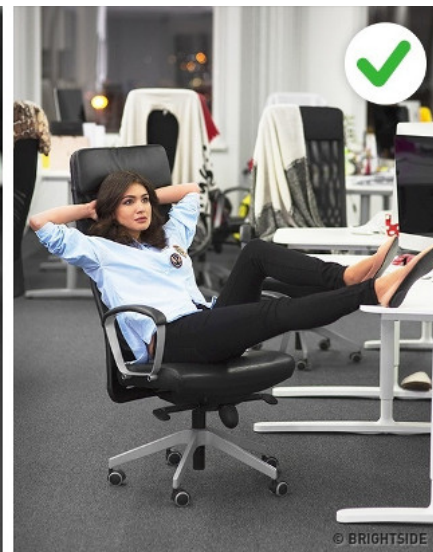
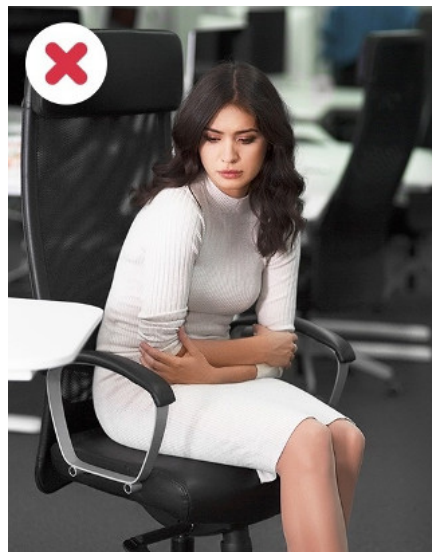
Psychologist Amy Cuddy conducts two experiments, one is a group with strong posture and two is a group with a nervous posture. The first test demonstrated that **strong postures increase testosterone levels by more than 20%** and **reduce cortisol levels by 25%**. Besides, the rest of the experimental group shows that employers often choose candidates with strong positions before the interview.

4



Can we actually apply these things in our daily lives? This is what Amy advises us to do before an important meeting: when faced with a stressful situation, being alone (*in the bathroom, elevator, empty room*) and standing confident in within 2 minutes.

5



Body gestures vary with awareness, perception changes with actions and actions that affect results in a specific situation that is important to us. Remember this, wish you success!

Refer to some more articles:

1. How to sleep in less than 1 minute?
2. 24 simple tips to help you relax, reduce stress in just 5 minutes
3. Scientifically proven: Swimming helps the brain stay healthy and reduce stress, fatigue

Having fun!

You finished reading the article "**5 postures to reduce stress immediately in just 2 minutes**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
