

# Power Poses



Practise each of the poses. Hold each one for about 20 seconds while repeating the “I am” statements twice. Put lots of energy into them and speak confidently and assertively.

**Wonder Woman**



**Superman**



**The Hulk**



**Cat Woman**



I am calm  
I am in control  
I am strong  
I can do this

Encourage everyone to use them before they go into a situation that makes them stressed.

## Aims of the Power Poses activity:

- To develop self awareness
- To develop an understanding of the effects of stress on the body
- To develop an understanding of the connection between posture and emotions
- To develop skills/strategies to manage stress
- To feel more in control

## The Science bit.....

- When we feel anxious we tend to curl ourselves up and make ourselves smaller. When we feel confident and calm we stand taller with our head up. By changing how our bodies are positioned we can change how we feel.
- The Power Poses reduce your stress hormone (cortisol) and increase your confidence hormone (testosterone)
- The Self Affirmations (I am....) are ways to change your thinking. When we are stressed our thoughts get stuck in a negative cycle which makes us even more stressed. Repeating 'Self Affirmations' breaks the cycle and helps us to think more positively.