

Quality of Life TIPS & TRICKS

Perfect Your Posture

Stand up straight. As it turns out, there's more to good posture than just looking sharp and proud.

Studies show that sitting in a collapsed position (e.g., shoulders hunched forward) and looking downward makes it easier to recall negative memories than empowering, positive ones. When sitting upright and looking upward, it is difficult, and for many almost impossible, to recall negative memories while being much easier to recall empowering, positive memories. Additionally, looking upward inhibits crying, while looking downwards amplifies it.

So, next time you need a little boost, straighten up and take a look out your window, hopefully gazing at blue skies . . . or the lovely look of your surroundings.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.