

MOVE! AND INTERPRET BETTER

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How can I physically prepare for a meeting?

In general, any movement will make it easier for our mind to function better. However, a series of movements called P.A.C.E. that come from the field of Educational Kinesiology, is what I use and propose to my clients as they often bring impressive changes in our ability to have a positive attitude, clear mind, active body and energy. And in only 7 minutes!

What is the connection between body, emotions and thoughts?

The connection between our physical bodies, our emotions and our thoughts is an intimate one. We have often heard about “positive thinking” to change how we feel. A similar shift happens when we move our bodies. This is based on our physiology and whether we believe this to be true or not plays no role. Just think back to the last time you were troubled and went for a walk, did some sports or danced at home. It is easy to believe that only if we have planned and regular exercise routines (running, spinning or anything else) can we see lasting results. And this is true to the extent that our goal is to change our bodies, lose weight or have better fitness level. If our goal is to reduce our anxiety or stress level though we don't necessarily need to give hours to physically train or move. It is enough to include small movement breaks throughout our day. When we start paying attention to how we feel or the quality of our thoughts before and after those short movement breaks, we will see that there is change and that this change is often impressive.

Specialized kinesiology sessions not only use movement but through the setting of specific goals, personal to the client, we are able to get feedback from the body on how the physiology reacts to a specific challenge and then proceed to change those reactions through a series of steps that include but are not limited to physical movement.

Why should I get up and move when I can get myself under control by “thinking things through?”

The one thing movement does very fast and very effectively, is get us to the here and now. Thoughts often don't produce the same grounding results. Plus, we have all experienced situations where we analyze, plan and in our heads sort out a challenge and decide on a future course of action, only to find ourselves repeating the same unproductive behavior next time! To the extent that the physiological reactions to stress do not change, the chances of changing our behavior diminish.

How can I notice stress in my body?

The easiest way is to observe your breathing. Other signs are tension in the lower back, in the shoulder area, constriction of your facial muscles – squinting, grinding your teeth, tensing your lips – locking of knees, shaking, the proverbial stomach butterflies, your heart racing or palms sweating to name but a few.

As you turn your attention to your body and start observing the many ways in which your body registers and expresses stress you will start to see how different situations bring up different sort of physical reactions. We each have our preferred ways to deal with stress. For some of us thinking things through is what we are used to. Others, we tend to talk about our feelings and that allows us to release some of the tensions we are holding and for the emotions to loosen their grip on us. Yet others access their deeper reserves of strength, perseverance and patience when they move.

When your preferred method does not seem to work, it is good to experiment with something else and movement is easy to access, requires no special training and is what a human body is designed to do.

