

POSTURE ISN'T JUST HOW YOU STAND—IT'S HOW YOU FEEL

THE SCIENCE OF POSTURE: HOW ALIGNMENT SHAPES STRENGTH & CONFIDENCE

Posture is more than just a reflection of how you hold yourself—it is a direct influencer of your physical, mental, and emotional well-being. Research demonstrates that poor posture contributes to increased stress, fatigue, and negative emotions, while improving posture enhances confidence, cognitive function, and overall vitality. The good news? Posture is adaptable, and with the right tools, you can retrain your body to support strength and resilience.

THE SCIENCE: HOW POSTURE IMPACTS EMOTION

SLOUCHING INCREASES STRESS & FATIGUE

Research shows that slumped posture is a diagnostic feature of depression. A study on individuals with mild-to-moderate depression found that adopting an upright posture increased positive affect, reduced fatigue, and decreased self-focus during a stressful task. Participants who sat upright also spoke more and used fewer first-person singular pronouns, suggesting a shift away from self-focus, a common marker of depression ([Wilkes et al., 2017](#)).

POSTURE AFFECTS MEMORY RECALL

A study published in *Biofeedback* found that 86% of participants found it easier to recall negative memories while slouching. By contrast, 87% found it easier to recall positive memories while sitting upright. This suggests that posture not only reflects emotions but also influences how the brain processes and retrieves memories ([Peper et al., 2017](#)).

STANDING TALL BOOSTS CONFIDENCE & DECISION-MAKING

Harvard research on power poses found that holding an upright, expansive posture for two minutes increased testosterone (linked to confidence) and reduced cortisol (the stress hormone) by 25% ([Carney, Cuddy, & Yap, 2010](#)).

MOVEMENT RESETS YOUR NERVOUS SYSTEM

Proper posture supports better breathing, circulation, and nervous system function, which helps regulate stress and improve emotional resilience ([Nair et al., 2015](#)).

FROM AWARENESS TO ACTION

WAYS TO IMPROVE POSTURE & BOOST YOUR MOOD

- ✅ **Postural Awareness:** Set reminders to assess your posture throughout the day. Are you slouched over your desk or standing with an engaged core? Small adjustments can lead to long-term improvements.
- ✅ **Power Poses:** Before an important meeting, workout, or social event, spend two minutes in a confident, expansive posture to reduce stress and enhance self-assurance.
- ✅ **Breath & Alignment Optimization:** Posture and breathing are deeply connected. Try inhaling deeply while slouched—then sit up straight and try again. The difference? Better oxygen intake, improved focus, and increased energy.
- ✅ **Intentional Movement:** Strength-based movement, like our *Aligned & Strong* program, systematically retrains posture by correcting imbalances and reinforcing functional movement patterns.

KNOW BETTER, DO BETTER

Posture is not static—it is an adaptive system that responds to how you move, sit, and stand daily. The research is clear: how we hold ourselves, which is within our control, has a profound impact on our emotions and overall well-being. With the right approach, you can improve alignment, enhance resilience, and optimize both physical and mental health.

Surviving Strong's *Aligned & Strong* program provides a structured, evidence-based approach to improving posture and movement. Ready to take control of how you feel? Learn more today.