

### "How to be smarter using your body"



recording

Intelligence is our ability to understand, learn and adapt to change. Our body is a crucial part within that process. How we breathe, stand, move and hold our bodies influences on how we think, feel and interact with the world.

Our body can help us being smarter by:

- gathering information about our social and natural environment through our external and internal senses, to get a more visceral understanding of it.
- adapting our posture or moving so that we have a clearer mind.
- regulating our emotional and mental state so that we can take decisions that are adapted to our current needs and context.

#### Micro practices

1. Open your senses, "be a sponge" and take your environment in. How is your body informing you about the context you're in?

2. Check-ins = How am I?

Notice your current body sensations, the emotional quality of it, your energy level and what thoughts come up. Stay with it without judging. Do this 5 times per day linked to other routines.

3. State shifting = How do I want to be?

After checking in, accept your state. Set an intention of how you want to be and adapt your way of breathing, walking, moving, sitting, standing accordingly.