

Both Ends Of The Lead Sitting Better To Succeed





What is the relationship between physiology and success? What is physiology, for that matter?

Physiology refers to the body's physical state at a given time which can include:

- posture
- alignment of the spine and head
- muscle tension
- breathing
- position of the limbs
- facial expression, and gaze and focus of the eyes
- gestures and movement

Have you ever noticed the physiology of a winning athlete as he or she stands on the starting blocks or on the winner's podium, or the physiology of a charismatic leader or motivational speaker making a rousing speech?





What they have in common is what we call a “peak state”. This refers to a state when a person is performing or feeling at their best. The physiology of the peak state is unique to the individual and the particular state. Peak state physiology may include standing or sitting with spine held erect, breathing deeply and evenly from the abdomen, limbs relaxed, gaze level.



Non-peak state physiology, in contrast, may have a hunched or sunken posture, rapid or uneven breathing, tension or flabbiness in the muscles and so on.



Sound familiar?

Let’s look at how you can access peak state physiology so you can perform and feel at your best at any time of your choosing. Keep in mind also that this is useful in any context – when you are on the phone to a customer or client, or in a face to face meeting with your manager, for example.



Peak state physiology can be experienced simply and easily. Here is one way:

- Imagine the top of your head or spine is suspended from the ceiling by a cord. Your head floats easily in space, as you allow each vertebrae to hang down naturally
- Allow your breath to be pulled down from the bottom of your abdomen, so your diaphragm pulls down and your stomach expands out as you inhale
- Notice that even as you look directly ahead you can see the outer corners of the room on both sides. You may wish to gently move your hand at the side of your head and you will notice the movement in your peripheral vision
- Find your arms and legs becoming relaxed, moving easily but only as much as is required
- Now in this state, consider a problem you want to address, or a task you need to accomplish. You may find it seems more achievable.

Your peak state physiology will be unique.





Think about a time that you excelled at your favourite activity and do the following:

- Go back to that time, and see yourself there. See the environment you are in, your surroundings, and notice anyone else who is there. Notice how you look, your posture, your breathing, and take as much time as you need to see it clearly.
- What particularly stands out for you? Notice your facial expression, your gaze.
- Notice how you move.
- What details are you drawn to? Take all the time you need to see all this clearly.
- Listen to the sounds, what do you hear?

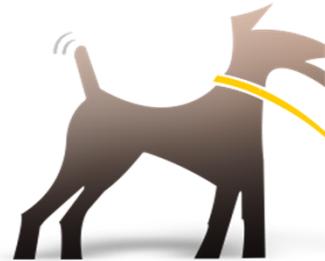
Now float into the picture, so you are inside the "you" in the picture, looking out of your own eyes, hearing with your own ears. How does it feel?

- Notice any sensation - where are they? Do they have a size or a shape? Do you feel them moving? Describe them in as much detail as possible.
- When you feel that fully, what skills are you aware of that you have?
- What do you believe about yourself in this state?
- What is important to you here and now?
- How would you describe yourself?

Come back to the here and now, bringing the feeling of that peak state with you, remembering the physiology.



About



BOTH ENDS OF THE LEAD

holistic wellbeing for dogs... and their owners!

We are a unique business offering a range of health and wellbeing services for owner and dog. Our purpose is to help dog and owner live, play and function at their optimal health level.

We are passionate about giving you the information and tools to help you take the best care possible of yourself and your dog.

What we do for Dogs

- Muscle Function Therapy
- Stretching, Mobilisation, Conditioning & Rehabilitation
- Laser Therapy/Laser Acupuncture
- Thermal Therapy
- Exercise and lifestyle advice for your dog

What we do for You -

- Corrective Exercise and Improve Posture Programs
- Performance and Career Coaching Services
- A range of Body Work modalities to help address musculo-skeletal aches and pains
- A comprehensive on-line wellbeing program



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