



CONFIDENCE!

Like getting back into those skinny jeans, confidence can be an elusive thing. But without it, it's all too easy to fall down the rabbit hole of self-doubt and negativity. And this not only hurts us on a personal level, but it can also put a damper on our professional success. So here are my top 5 tips to power past insecurities and doubts, and I can confidently say - they're pretty awesome!

1. Straighten up!

The next time you find yourself slumping at your desk or rounding your shoulders, sit up straight! Doing so can lead to more confidence in your own thoughts, and sitting with good posture can keep both your self-esteem and mood lifted. Try it - open up your chest, shoulders back & down and keep your head level to look—and feel—assured and poised.

2. Nod along.

Nodding your head isn't just good for signaling "yes" or warming up in a JTAFit Pilates class. Research suggests that the up-and-down movement may actually improve confidence in your thoughts, so feel free to nod away whenever you need an extra boost. Just think of this as a way of signaling, "yes I can" to your brain. You may want to have some earphones available or a phone nearby so that you don't look completely barking though!!

3. Tunes!

On a similar vein, cranking up the tunes can do great things for your mind and body. There are at 20 health benefits associated with it. And now, recent research suggests that listening to music may lead to actually feeling more powerful. To paraphrase Meghan Trainor (young poster for those who don't know), it's all about that bass (no treble) - listening to heavy-bass songs promotes more feelings of power than the low-bass songs. I've mentioned before in another blog that Queen's 'Don't Stop Me Now' never fails to

improve my mood!

4. Break a sweat.

Yes, you knew this was coming! Exercise is good for you! Apart from the many, many physical benefits, it also does your mind good. Working out regularly can improve your self-esteem and less stress. And yet more research notes that exercise in general leads to a confidence boost (independent of how hard you worked out). What seems to matter for your confidence is whether you break a sweat in general, not how strenuous your session is. But I'd still say go heavy!

5. Crack a big cheesy one!

If there's one instant way to boost your confidence, it's cracking a smile. Flashing those pearly whites will make you appear both confident and composed. But the effect isn't just external - smiling can help reduce feelings of stress, which may pave the way for happier and more relaxed feelings. And hey, while you're smiling, go ahead and flash your smile at someone around you. Either they'll think you're crazy or they'll catch the contagion and smile with you!