



# Mood and Posture

FROM MARCOTTE PT



Bad moods cause bad posture from hunching the shoulders and looking down.

Bad posture also causes bad moods because our brains and bodies associate that posture with bad moods.

## Good Posture

- Shoulders: down, back, relaxed, even with hips
- Neck: straight, chin parallel with ground
- Knees: 90 degrees when sitting, over ankles



### Resources:

NHS- Common posture mistakes and fixes

UCLA- Healing and the Mind: Emotions and the Immune System



Improve your posture and improve your mood!

