
Creative Interventions and Activities Clearinghouse

Poor Posture Equals Poor Breathing

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Purpose:

The purpose of this creative intervention is to teach the effect of poor posture on our ability to breathe effectively.

Materials Needed:

None

Procedures:

Participants begin by identifying their normal posture and commenting on what it is they notice. Compare this to a strong posture which includes standing straight with ones chest lifted off of the abdomen and their shoulders open and separated. Legs should be straight with the leg muscles engaged. Spend time with the client getting into an appropriate, upright, open posture. Clients then over exaggerate a slumped posture and have them take five deep breaths with their eyes closed. Next, clients get into an upright posture as described above and take ten deep breaths with their eyes closed in this position.

Process Questions and Follow-Up:

Process and discuss visual differences noticed between the two different postures. Clients share their experiences in the over exaggerated position, including how they feel, their ability to breathe, as well as the quality of the breath that they are able to take. Clients note the difference in their ability to breathe and the quality of their breath in the upright, open posture. Ask clients to practice awareness of posture and breathing on a daily basis.

Practice Setting:

Mental Health Agency/Private Practice