

Chin up!

An everyday survival guide

Exercise 1

Chin up!

This is the most important exercise, and it's so easy!

You know how to do it.

Just raise your head. Allow your muscles and your neck to stretch and lift your chin.

We use this idiom `Chin up` to encourage others.

Our instinct tells us that this posture really gives mental and emotional strength.

So, simply raise your head. Anytime. In the morning, when you get up. During the day. Especially, when you are beginning to feel down again.

Our most important sensory organs can be found in the facial area. Mouth, nose, eyes and ears. When you are feeling down and literally let your head hang down, you have a very restricted perception. You take no notice of what goes on around you and you feel cut off from life.

So you feel even worse.

The nerves connecting your spine to your brain carry `feeling down` messages to the part of your brain associated with emotions.

So a lowered head means low spirits and a raised head means high spirits. It's as simple as that.

Therefore: Chin up, for you'll feel better right away. You feel full of energy. Stress and anger do not bother you that much anymore. With your head up, you give a much stronger impression on other people.

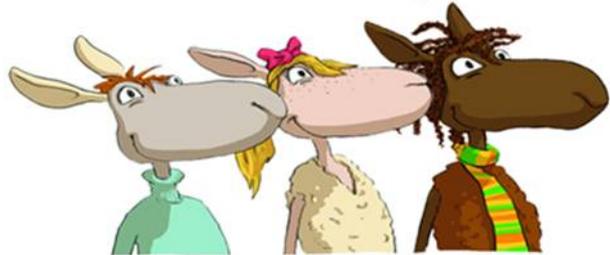
Which greatly improves your well-being.

Another good reason for `Chin up`:

If you let your head hang down, you will have a narrowing of your throat and your windpipe. You breathe less deeply, making breathing more difficult.

Regular breathing is essential for your well-being. Your breathing will be more relaxed, if you

raise your head and thus stretch your neck and throat.



Exercise 6

Yawning

You know how to yawn, don't you?

Breathe in deeply, then open your mouth wide, make yawning sounds while breathing out, that should trigger a yawn. Or just watch other people yawn. It helps!

And the you yawn till your nose starts running and your eyes begin to fill with tears.

PURE RELAXATION.

Under the warm shower, before you go to bed, that is particularly good.

But somehow yawning always works, anytime of the day or night.

Sometimes you just have to read about it.

In exercise 5, you stretched your whole body, and now you do it with your head.

While yawning, you stretch your jaw joints, lips and all muscles attached to them. Small bone channels with nerves and blood vessels around your jaw joints will also be stretched.

This effect will be transmitted to the area of your brain connected to your emotions.

The result is a general relaxation of body and soul and may even lead to tearful eyes and a running nose.

Excellent!

Yawn as intensely as possible, during your lunchbreak (for short regeneration) and before bedtime (good for pleasant dreams and sound sleep). Yawn if you feel you want to hold in your anger and your jawjoints are tense.

Yawning helps against anger and doggedness, you remain calm and collected.

Try yawning when you have a headache or are prone to migraine. Against comfort eating or snack attacks.

Yawning could make you feel more relaxed about your eating habits.

Yawning triggers the release of Serotonin (the happiness hormone) regulates your appetite).

Illustration Kai Pannen