



Episode 205: How to Feel Confident in Any Situation

with Helen Leathers

Your body expresses what you feel and think inside your brain. It tells you you're happy by smiling with your mouth and signals that you're worried about the knot you might feel in your stomach. This communication and connection go a long way to helping you understand how you're feeling and what you're thinking. What you may not know is that you can also use this connection to feel better, be more confident, and embody who you want to be.

Hack the connection and use your body to make significant changes in your life. Helen Leathers, a transformational women's coach, shows us in this episode of You Are Not a Frog how the smallest of shifts in body language can influence your thoughts, emotions, and how you show up in the world. Connect with your body and get ahead of stress and overwhelm. Use the messages your physical self sends to your mind to make the changes you want to see in yourself.

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Quote to remember:

“There is always a communication between our body and mind.”

What You Will Learn

How connected is your mind and body? Many people distance themselves from their bodies and choose to rely on the thinking mind alone. However, your body can tell you so much more and influence how you feel and what you're thinking. In this activity, you'll learn about this connection between the mind and the body and how to hack into this to create change in yourself.

The first part of the activity teaches you small, incremental changes you can make in your body language. Even things that might not seem obvious, such as your posture and what you wear, can make you feel more confident. As Heather said, take up your space and own it. These shifts in body language can also help you become someone you want to be. Whether it's your role as a doctor, a leader, or a professional, embody this identity by adapting how you see that role behaves or acts.

This activity will also help you to reconnect with your body by listening to the messages it sends. Once you recognise the warning signs of stress, you can take the time to stop and relax before it can overwhelm you.



You'll also get to better understand how different stress and relaxation sit in your body. Learn to shift from being stressed to feeling relaxed by recognising this difference and using movement to shake off these negative feelings.

Lastly, remember the importance of appreciating, loving, and caring for your body before everything else. Without proper sleep and enough energy, you can't do any of these hacks to create a change in your life. Start by taking care of yourself — a healthy body is a strong foundation for becoming what you want to be.

Activity: Hacking The Mind and Body

Connection

Too often, people emphasise our thinking and its control over our behaviours and actions. However, you'll find that the body has just as much influence on your thoughts and emotions. These hacks can change how you show up and interact with the world around you. **What's something you've observed about your patterns of behaviour that you want to change?**

Experiment with these hacks. **Make small, incremental changes in your movements and physiology, and see how they create a shift in you.**



Changes	Before	After
Having an open and expansive posture. Take up and own your space.		
Taking a small pause to breathe		
Standing straight		
Staying still rather than fidgeting		
Making an effort to listen and truly understand others deeply		
Dressing for the situation		

Your body language can help you create good change when you aim to become something you're not. **For this hack, think about an identity or role you want to become. What are you aiming for?**

Your Aim:

Use your body to send a message to your brain, and over time, you'll embody what you're acting to be. **Ask yourself: if you aim to be different, how would that feel in your body?** What behaviours and actions will a person with the traits you want to embody have? Adopt these traits for yourself — fake it until you become it.

Behaviors and traits to become: _____

Your connections with your body can also help when you feel stressed and overwhelmed. However, to first connect with your body, it's important to listen to



what it's trying to tell us, especially when feeling stressed and overwhelmed. This communication can be signs of our body's physical state to behaviours we often find ourselves doing when stressed. **Reflect and list these signs so that you can learn to recognise them before these negative feelings overwhelm you.**

Understand the stark difference between your body in a state of stress versus a state of relaxation. Ask yourself first, **how does stress sit in your body?** Where is it concentrated? How do you imagine it feels, looks, sounds, moves, and smells? Take the time to reflect and describe stress as it sits in your body.

Take a moment to stand up and shake off the feeling of stress. Once you do, you can **focus on relaxation and how that feels inside your body.** Describe it and compare it to the stress you felt earlier.

Stress & Overwhelm	Relaxation

Now that you know how stress and relaxation feel differently inside your body, **find a way to move your body from stressed to relaxed. Consciously and deliberately shift your feelings by a variety of movements.** Experiment with different ways you can do this, such as shaking it off, taking a breath, and more. List them and find the best one for you.



One of the most powerful things you can do when you're stressed and overwhelmed is to stop. Like earlier, focus on relaxing your body through different activities by letting go of whatever's filling your mind. **What relaxation activities can you do to stop and make these overwhelming feelings smaller? Start doing this and make it a habit for yourself.**

Next, learn to focus on one thing at a time. Bridge each identity, role, or task you take on by taking time in between to shift your energy, intention, and focus. **Use your body to make the shift. What small and quick actions work best for you?**

First Task	Bridge to shift your energy	Next Task

What can you do to bridge the gap between you at work and you at home?
Before going home, I can shift my energy away from work by:





Remember: you need to ensure that your body is well and healthy for you to use it. Before you hack your body, it's important to give yourself love and care. **Write five simple and big things you can do daily to replenish and care for your body.**

- 1.
- 2.
- 3.
- 4.
- 5.

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