

## POSTURES

Low, intermediate-stressful

Twist the torso to perform the gesture

Tap your feet

Shrug your shoulders

Hold your arms

Down your fingers

Raise your elbows

Push your hands

Clasp your chest

Raise your eyebrows

Wink

Place your index finger on your lip

Put your thumbs down

Clench your fists

Tap your wrist

Wink to provide encouragement, Wink-to-disapproval

Wink-to-encourage gesture