

Gotta keep this one short bc I have a quiz due in like an hour I haven't finished yet oops. Ok today was about stress and seeing how you look during a presentation when something goes off the rails. We recorded ourselves reciting a nursery rhyme then being asked a question by our partner. We watched our body language to pick up on what happens when something unexpected comes up. For me, I make a thinking face and break posture. The thinking face is self explanatory, but I think the posture is me hunching over and protecting my guts as if I'm in physical danger. To get over this, we were told to first be aware that it is there and to calm our vagus nerve. We can calm the vagus nerve with head tilts and torso tilts to stretch our bodies out, and with some eye exercises like tilting out head and looking up at a 45 degree angle. Another common cue brought up in the discussion was that we get tense, our heart rate increases, we have awkward giggles and smiles or a furrowed brow, we shake and sweat, we avoid eye contact, or we have trouble getting our speech volume right. We were also given some advice on how to stay up during the incoming fall term with the impending darkness: up our intake of Garlic, Vitamin C, B12, and ginger.