

You've Got Some (Vagus) Nerve:

A self-reflection focusing on anxiety reduction and professional posture awareness.

This assignment has three parts: self-reflection, group discussion, and group presentation. Please review all three parts of the assignment and be prepared to present the final deliverable before Friday.

1. **Before Wednesday**, you should individually reflect on current and future ways breathing/mobility/vagal tone are impacted by your modern movement. Using the provided prompt, you will also reflect on best practices for downregulation and decreasing anxiety in today's increasingly demanding technological society.
2. **In-class on Wednesday**, you will work with your class-assigned team to build a 5-to-7-minute presentation on best practices for professional posture awareness in your various chosen career fields. This presentation will inform the class on ways to best lessen anxiety and increase technology mobility for beneficial business communication practices. After performing your self-reflection, you should be prepared to come to class on Wednesday and meet with your team to:
 - a. Discuss your current individual movements in relation to technology and discuss your daily movement habits.
 - b. Confront postural and mobility issues affecting business communication practices in your various chosen career fields.
 - c. Describe cross-cultural professional behavioral awareness and discuss how posture and mobility will play a role in your respective fields of study - focus on describing repetitive movements (e.g., typing all day, seated desk job, standing interviews, etc.).
3. **On Friday**, all presentations will be delivered. To prepare the presentation your team should:
 - a. Organize best practices in your various fields regarding repetitive movement reduction. (e.g., do they break for lunch, types of equipment, is that culture/business open to standing desks, etc.).
 - b. Offer best practices for anxiety reduction discussed as a group. Do this by:
 - i. researching or one or two best methods for anxiety reduction
 - ii. discussing ways you reduce your own anxiety - you are encouraged to define and/or discuss a method that has worked previously for you in the past.

1. Reflect on your current individual movements in relation to technology and discuss daily movement habits.

- How would you describe your daily routine when it comes to using technology? What devices or tools do you use most frequently?
- Can you identify any positive or negative impacts of technology on your daily movement habits? For example, do you find yourself sitting for long periods due to screen time?
- Describe a typical day in your life concerning technology usage. How does technology assist you in your daily activities or routines?
- Have you noticed any changes in your movement habits since the introduction of smartphones and other mobile devices into your life? If so, how have these changes affected you?
- Do you find that technology helps or hinders your ability to stay physically active? How do you strike a balance between screen time and physical activity?
- Can you identify any trends or emerging technologies that you believe will have a significant impact on your daily movement habits in the near future?
- How does your use of technology impact your sleep patterns and overall well-being? Are there any changes you would like to make in this regard?
- Reflect on how your technology-related movement habits compare to those of your peers or family members. Are there any differences or similarities worth noting?

- 2. Confront postural and mobility issues affecting business communication practices in your various chosen career field(s). Focus on describing movements (e.g., concentrating specifically on repetitive movements) in relation to technology for future profession(s) (e.g., location of business and cultural practices). Describe cross cultural professional behavioral awareness. Discuss how posture and mobility will play a role in your respective field(s) of study and/or career(s) (e.g., typing all day, seated desk job, standing interviews, etc.).**
- How does your chosen future profession involve technology, and how do you anticipate it affecting your posture and mobility on a daily basis?
 - Are there specific repetitive movements or postures commonly associated with your desired career field, such as extended periods of typing, using handheld devices, or video conferencing? How might these impact your physical well-being?
 - Consider the location of the business you plan to work in. How might the physical environment, such as office layout or workspace ergonomics, influence your posture and mobility while using technology for business communication?
 - Are there cultural practices or expectations within your future profession that could affect how you use technology and engage in business communication? How might these practices impact your posture or movement?
 - In what ways do you plan to mitigate the potential negative effects of technology-related postural and mobility issues in your future career? Are there strategies you can implement to maintain good physical health?
 - Have you considered the role of wearable technology, like ergonomic keyboards, sit-stand desks, or posture-correcting devices, in addressing posture and mobility concerns related to your profession? How might these technologies help you?
 - How do you envision adapting your business communication practices and technology use to align with different cultural norms and preferences when working with international clients or colleagues?
 - Consider the potential impact of remote or telecommuting work arrangements on your posture and mobility. How might the absence of a traditional office setting affect your physical well-being?

3. Present best practices in your preferred career field(s) regarding repetitive movement reduction (e.g., break for lunch, mobility tools, dynamic workstations, standing desks, cultural practices).

- Research and discuss any studies or best practices related to posture and mobility in your future profession. Are there industry-specific recommendations you should be aware of?
- Reflect on the importance of maintaining good posture and mobility for effective business communication and career success. How do you plan to balance the demands of your profession with your physical health needs?

4. Offer best practices for anxiety reduction discussed as a group. Research one or two best methods for anxiety reduction. Discuss ways to reduce your own anxiety and calm yourself down/what your self-analysis and research discovered. You are encouraged to discuss anxiety in general (include past speaking experiences if necessary) and how and why you feel this method(s) would work best for you. You are encouraged to define and/or discuss a method that has worked previously for you in the past.

- What is anxiety, and how does it manifest in different individuals? Are there common symptoms or signs?
- Choose one or two specific methods or techniques for anxiety reduction to research and discuss. What are these methods, and how do they work?
- Share personal anecdotes or stories about individuals who have benefited from the anxiety reduction method(s) you're exploring. How did it impact their lives?
- Discuss any potential limitations of the method(s). Are there situations or conditions in which it may not be suitable or effective?
- How can individuals incorporate the chosen anxiety reduction method(s) into their daily lives or routines? Are there specific steps or practices to follow?
- Are there any cultural or regional variations in the use of the anxiety reduction method(s) you're researching? How do cultural factors influence its effectiveness?
- Reflect on the group's discussion and research findings. Are there any overarching principles or commonalities among different anxiety reduction methods that can be generalized?