

Why Your Posture Changes When You're Stressed (And What That Does to Your Body)



When you're under pressure, your shoulders often round forward. Your head drifts slightly ahead of your body. Breathing becomes shallower. Muscles around the neck and upper back tighten without you even realizing it.

The problem? When stress becomes ongoing, that protective posture can stick.

Over time, forward head position and rounded shoulders can strain the muscles that support your spine. Joints don't move as smoothly. You may notice tension headaches, upper back stiffness, or that constant "tight" feeling between your shoulder blades. Your spine and nervous system are closely connected. When your body stays in a guarded posture, it can reinforce that stressed, on-alert feeling.

Improving spinal mobility and awareness can help your body shift out of that braced position-and care with us can help!