

THE 3 MAGNETS

Education



When I arrived to the training and we were asked to stand up, meet the others, and actually move for some activities, I felt a bit weird. But after the first exercises, I became more and more comfortable and I totally forgot about it. By the end, I realized that I had missed the middle! I was so absorbed moving and looking at the others, that I forgot the ridiculousness I thought I was into at the beginning. I wasn't thinking at all. I just started learning with my skin and with the other people's participation and contact. This is a great tool to apply in the Educational field! With it I believe it will be easier to make my students touch the knowledge!



Companies



Honestly? Every time I used to hear "Body", the only thing I could think about was "head". That was all I thought I was using in my daily life. The rest was.... the "load-bearing system". But during the training I think I found something else. This "load-bearing system" is actually a great tool to communicate with others and to motivate us to actually learn the theoretical contents that otherwise would feel hard to integrate!



Health



I must say it wasn't easy to start moving in front of other people, walking around and touching each other. I felt I was fighting with some taboos or prejudices. Also I couldn't see what that had to do with the development of personal skills for Health professionals...But when I saw the others doing it, I gained courage and I went for it. It was amazing to see how much power I started to feel! I was just letting myself go and discovering other ways to approach others. The good thing is that I'm taking this "blossom" with me. I will definitely try to apply it in the contact with the patients and even in some other things in my own life. I feel more open.



Art



As an actor, I was really surprised to see how much I had to learn and improve just by paying attention to my own body, and other people's movement and body expression. Suddenly many other things were available for me to experience. I could go deeper into what I was doing and how I was acting. It was a learning process that was as easy as using something I had there all along and almost forgot! I actually increased my self-confidence. It is now easier to focus my attention on every action. I feel more myself, as a person and as an actor.



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Introduction:

The interest in the integration of these concepts –Body Expression, Flow and Happiness/Well-Being- comes not only from the literature, but also from 7 years of training soft skills with groups from various backgrounds (Corporate, Health, Education and Arts professionals). During the training programs, Body Expression techniques were incorporated. A pattern in people's feedbacks has appeared: a strong connection between the use of the body and the feelings associated with the state of Flow, Happiness and Well-Being.

The aim of this work is mainly to shed some light on the role of Body Expression and its strong relation with Happiness/Well-Being and Flow, encouraging further experimental studies.

Body Expression

The use of our body to communicate and relate in a non-verbal way. It includes various ways of expressing (using movement, voice, physical and visual contact or drawing) both intra-and inter-personally.

Proposition 3

Body expression activities contribute for the elements that define Happiness:

- Positive Feelings
- Meaning
- Engagement

And also Well-Being, adding

- Relationships

Body expression is one of the best opportunities to tighten relationships, confront personal skills and learn about one's limits and potential.

Happiness/ Well-being

Well-Being is a construct that integrates not only the elements which define "Happiness" (Engagement, Positive Feelings and Meaning) but the elements of Achievement and Relationships as well.

Proposition 2

By enhancing Flow – engagement – we strengthen the base for Happiness and Well-Being.

Proposition 1

Body Expression activities in Group helps to achieve the 'Flow' state.

- When interacting with others, the challenges and skills are higher
- The presence of the other imposes goals and provides feedback
- There is a greater potential for growth

Flow

Mental state in which a person is fully immersed in an activity, forgetting time, with no consciousness of feelings or thoughts. Full attention and total involvement in the process.

Conclusion:

Self-reports and research indicate a clear path:

Body Expression is, on one hand, important to explore human potential; and on the other, its practice helps to achieve the Flow state and highly contributes to what we call Happiness and Well-Being.

The Body is not something separated from what "really matters" – the Head – but a significant aspect that allows us to identify ourselves as individuals and to gain self-consciousness. It is important to assume that not only do we have a body but we ARE a body.

Therefore, the study of the individual as a whole will only have meaning when taking into account the relationship between the Body and its expression, both with the self and the others.

Further research needs to be carried out to clarify these relations but, for now, we invite each and every one of you to consider the role of Body Expression in your own development.

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