



Posture Reset



Office of
Mental Health



New York State
Trauma-Informed Network
& Resource Center

WORKPLACE STRESS

Every delivery driver starts the shift with a clock already running. Routes are planned with tight windows, and customers expect their packages to arrive on time. When something goes wrong — a wrong address, a long wait at an apartment building, or a traffic jam — that delay does not just affect one stop. It pushes the entire rest of the route back. Drivers spend much of their day doing mental math, figuring out how to make up lost time without cutting corners on safety. That constant pressure to stay on schedule, hour after hour, keeps the mind in a stressed state all day long. Over time, that daily urgency takes a real toll on focus, mood, and overall well-being.

WHY THIS HELPS

Hours of driving and repeated deliveries cause the body to slouch, impacting breathing, and tension builds in the neck, shoulders, and back. Sitting or standing tall opens the chest, allowing fuller breaths that send more oxygen to the brain and help clear that foggy, drained feeling. Taking just a minute to reset your posture signals your body to calm down, sharpen your focus, and feel more in control for the rest of your route.

ABOUT THIS TOOL

Audience

- Delivery drivers, couriers, gig drivers, and fleet drivers who face high stress from tight schedules, traffic, repetitive tasks, customer interactions, and long hours.
- Supervisors and safety teams to use during driver well-being programs.

Description

The Posture Reset is a quick check for your body that helps you feel calmer, more alert, and ready to focus. When driving or making deliveries, stress, fatigue, and long hours in the vehicle can cause your body to slouch and your mind to feel foggy. This reset helps you breathe better, release tension, and prepare for the next part of your route.

When to Use

- While sitting in your vehicle during a break
- When you feel tired, distracted, or mentally overloaded
- Before restarting your route after a difficult delivery or traffic delay
- Anytime you notice yourself slouching, feeling tense, or frustrated

THE PRACTICE

1. Sit up tall in your seat, keeping your back straight and aligned with the seatback
2. Place both feet flat on the floor for stability
3. Gently pull your shoulders back and down to open your chest
4. Roll your neck or relax your jaw if it feels tight
5. Take one slow, deep breath in through your nose, feeling your chest and belly expand
6. Slowly breathe out through your mouth, letting your shoulders drop and your body relax
7. Repeat the deep breath once more if needed

WHY THIS WORKS

Improved breathing: Sitting upright opens your chest, allowing your lungs to fill fully. Deeper breathing sends more oxygen to your brain, improving focus and mental clarity.

Lower stress signals: Slouching signals your body that you are tired or under pressure. Sitting tall tells your nervous system it's safe to relax, reducing tension and stress hormones.

Better mood and alertness: Small posture changes can boost confidence, calm frustration, and help you feel ready to handle the next delivery safely.

Quick and practical: This reset only takes 30–60 seconds and can be done safely in your seat without stopping work or leaving your vehicle.

References:

Find additional wellness information on the NYS Trauma Informed Network and Resource Center at traumainformedny.org

Looking to go deeper? Explore BREATH-BODY-MIND™ (BBM) for weekly breathwork practice, expert tips, and a welcoming community. Check out the website [here](#) for additional details.

Source:

Selig, M. (2024, May 8). *Heads up! Good posture helps both your mind and your body*. Psychology Today.