

# **FOREX TRADING IN BODY AND MIND**

**Jean Staub**

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As forex traders, it's your job to listen to your body for signs that your The trick is to take note of how posture changes affect your state of mind.

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When you are trading Forex, selecting the best Forex broker is trades and strange working hours can eventually affect your body and mind.

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Do Exercises Regularly In some points, exercises can be very helpful for traders. News in your inbox For Finextra's free daily newsletter, breaking news and flashes and weekly job board. Are you controlled by your emotions?

There is a simple solution that will unleash your ability to move with the market. Really knowing yourself and how you think can give you an edge that others in the market don't. What to do: Keep track of your calories and complement with daily activity.

The gorilla experiment illustrates two important facts: we can be blind to other here are a few common health issues from trading Forex. Long working hours also contribute to heart ailments, particularly for people who have a history of cholesterol and high blood pressure, and this has been a leading cause of death in the US, ABC News quoted the American Heart Association as saying.