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Last updated: 15 January 2021 Popular idiomatic saying that actions speak louder than words has existed for centuries, but even today most people struggle with at least one area of non-public communication. As a result, many of us desire to have more confident body language, but do not have the knowledge and tools necessary to change what is largely unconscious behavior. Given that the perception of our competence and trust by others is predominantly influenced by what we do with our faces and bodies, it is important to develop greater self-esteem and consciously practice better posture, posture, eye contact, facial expressions, hand movements and other aspects of body language. Posture Accessive things in the first place: how is your posture? Let's start with a quick self-assessment of your body. Did your shoulders fall over or roll upright? When you stand up, evenly distribute your weight or lean too far to one side? Does your natural foot posture find relative to the width of your shoulder or are your legs and legs close together in a closed position? When you're sitting, does your lower back protrude in a slumped position or maintain a straight posture fit for your spine in the seat? These are all important considerations when evaluating and improving your attitude and attitude, which over time will lead to a more confident body language. If you normally struggle to maintain good posture, consider buying a trainer/concealer of posture, consulting with a chiropractor or physiotherapist, stretching daily and strengthening the muscles of both the core and the back. Facial expressions Are they susceptible to any of the following in personal or professional settings? Bruxism (tight, pinched jaw or abrasive teeth) Cloudy and/or abrasive eyebrows Avoid direct eye contact and/or staring at the ground If you answered yes to any of them, let's start by exploring the different ways in which you can project confident body language through facial expressions. 1. Understand how others perceive your facial expressions A December 2020 study by UC Berkeley and Google researchers used a deep neural network to analyze facial expressions in six million YouTube clips representing people from more than 140 countries. The study found that despite socio-cultural differences, people around the world tended to use about 70% of the same facial expressions in response to different emotional stimuli and situations. The study's researchers also published a fascinating interactive map to show how their machine learning technology evaluated different facial expressions and determined subtle differences in emotional responses. This study highlights the social importance of facial expressions because whether we are consciously aware of them – by looking in a mirror or screen on a videoconferencing platform – as we present our faces to others can have a huge impact on their perception of us, our trust and our emotional This awareness is a fundamental first step towards 2. Research by Relax Your FaceNew on bruxism and tension on the face found that stress and fears of Covid-19 locking led to a significant increase in orofacial pain, jaw tightness and tooth grinding, especially in women. The National Institute of Dental and Craniofacial Research estimates that more than 10 million Americans have only temporary joint dysfunction (TMJ syndrome), and facial tension can lead to other complications such as insomnia, wrinkles, dry skin and dark, bloated pockets under the eyes.) To avoid these unpleasant results, start practicing progressive techniques of muscle relaxation and more often take breaks during the day to relieve facial tension. You should also try some biofeedback techniques to raise your awareness of involuntary body processes, such as facial tension, and as a result achieve more confident body language. 3. Improve your eye contact Did you know that there is a whole subfield of kinetic communication research devoted to eye movements and behavior called oculosics? It covers a variety of communication behaviours, including direct eye contact, view averting, pupil dilation/tinguching and even flicker frequency. All these traits can shape how other people perceive you, which means that eye contact is another area of the body's non-verbal language that we should think more about in social interactions. The ideal type (direct/indirect) and duration of eye contact depend on various factors such as cultural environment, differences in power/authority/age between stakeholders and the communication context. Research has shown that differences in the effects of eye contact are particularly pronounced when comparing East Asian and West European-North American cultures. To improve eye contact with others, try to maintain consistent contact for at least 3 to 4 seconds at a time, consciously consider where you look while listening to someone else, and practice eye contact as much as possible (however strange it may seem at the beginning, this is the best way to improve). 3. Smile More There are many benefits for smiling and laughing, and when it comes to working on more confident body language, it is an area that should be fun, low bet and relatively stress-free. Smile is associated with the chemical of happiness dopamine and mood stabilizing hormone, serotonin. Many empirical studies have shown that smiling generally leads to positive outcomes for a smiling person, and other research has shown that smiling can also influence the perception of trust and trustworthiness by listeners. 4. Hand gestures Company facial expressions and posture, what you do with your hands while talking or listening in conversation, can greatly affect your perception in other positive or negative ways. It is undoubtedly difficult to consciously take into account all your non-verbal signals while remain involved in the verbal part of the discussion, but making efforts to develop greater body awareness will now make it easier to unconsciously project more confident body language later. 5. Improve your handshake in the article Anthropology of the handshake, Bjarke Oxlund, Professor of Social Anthropology of the University of Copenhagen, assessed the future of handshakes in the wake of the Covid-19 pandemic: Handshakes not only vary in function and meaning, but depending on social context, situation and scope. . . a public debate should be initiated on the advantages and disadvantages of holding on to the tradition of shaking hands as a conventional gesture of greeting and departure under different circumstances. It is too early to determine some of the ways in which Covid-19 has permanently changed our social and professional etiquette standards, but it is reasonable to assume that handshakes can retain their relevance in American society even after this pandemic. If you want to practice more confident body language in the meantime, the science video below explains what you need to know. 6. Complement your verbals with hand gestures As you already know, confident communication involves much more than just more smile or text than if you knew what you were talking about. What you do with your hands can have a particular impact on how others perceive you, whether you are mocking the subject, holding your fists, hiding your hands in your pockets or calmly gesticulating to highlight the important points you are discussing. Researchers in the field of social psychology have found that iconic gestures - hand movements that appear to be meaningfully associated with the speaker's verbal content - can have a profound effect on the retention of listener information. In other words, people are more likely to work with you and remember more of what you said when you speak with additional hand gestures instead of just your voice. Further research into hand gestures has shown that even your choice of left or right hand for gesturing can affect your ability to clearly convey information to listeners, supporting the idea that more confident body language is easily achievable through greater self-awareness and deliberate non-verbal actions. Final Takeaways Devesfusion of better posture, increased facial expressiveness and practicing hand gestures can greatly improve your communication with other people. At first, it will be difficult to consciously practice the non-verbal behaviors that many of us are accustomed to performing daily without thinking about them. However, if you sometimes feel discouraged, remember that it is not a disadvantage to consistently put in a little more time and effort to raise your body awareness. With the tips and strategies above, you'll be on your way to adopting more confident body language and in no way amplifying the perception of you by others. Other tips to develop a confident body photo credit: Maria Lupan via unsplash.com unsplash.com

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