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Last updated January 15, 2021 The popular idiomatic adage that actions speak louder than words has existed for centuries, but even to this day, most struggle with at least one area of nonverbal communication. Accordingly, many of us want to have more assertive body language, but do not have the knowledge and tools necessary to change what is largely unconscious behavior. Given that others' perceptions of our competence and self-esteem are mainly influenced by what we do with our faces and bodies, it is important to develop greater self-awareness and consciously practice better posture, posture, eye contact, facial expressions, hand gestures and other aspects of body language. PostureFirst thing first: how is your attitude? Let's start with a quick self-assessment of your body. Are your shoulders sunk over or rolled back in an upright posture? When you stand up, do you distribute your weight evenly or lean too much to one side? Does your natural posture place your feet relatively shoulder width apart or are your feet and legs tightly together in a closed position? When sitting, sticking your lower back into a slumped position or maintaining a straight, spine-friendly posture in your seat? All of these are important considerations to do when evaluating and improving your posture and posture, which will lead to more assertive body language over time. If you routinely struggle to maintain good posture, consider buying an attitude trainer/corrector, consult a chiropractor or physiotherapist, stretch daily, and strengthen both the core and back muscles. Facial expressionS Are you exposed to any of the following in personal or professional settings? Bruxism (dense, linked jaw or grinding teeth) Frowning and/or furrowing brows Avoid direct eye contact and/or staring at the ground If you answered yes to any of these, then let's start by researching various ways in which you can project safe body language through facial expressions. 1. Understand how others perceive facial expressionA 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 over 140 countries. The study found that despite sociocultural 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 demonstrate how their machine learning technology assessed different facial expressions and specific subtle differences in emotional reactions. This study highlights the social importance of facial expressions because whether we are consciously aware of them — by looking into a mirror or the screen of a video conferencing platform — how we present our faces to others can have enormous consequences for their perceptions of us, our self-esteem and our emotional This awareness is the most important first step towards2. Relax The FaceNew research on bruxism and facial tension found the stresses and anxieties of Covid-19 lockdowns led to significant increases in orofacial pain, jaw-clenching, and teeth grinding, especially among women. The National Institute of Dental and Craniofacial Research estimates that more than 10 million Americans alone have temporomandibular joint dysfunction (TMJ syndrome), and facial tension can lead to other complications such as insomnia, wrinkles, dry skin and dark, puffy bags under the eyes.) To avoid these unpleasant results, start practicing progressive muscle relaxation techniques and take breaks more often during the day to moderate facial tension. You should also try out some biofeedback techniques to raise awareness of involuntary bodily processes such as facial tension and achieve more assertive body language as a result. 3. Improve eye contactDid you know there is a whole subset of Chinese communication research dedicated to eye movements and behaviors called oculistics? It refers to various communication behaviors, including direct eye contact, fending off one's gaze, student enlargement/narrowing, and even the frequency of flashing. All these qualities can shape how other people perceive you, which means that eye contact is yet another area of nonverbal body language that we should be more aware of in social interactions. The ideal type (direct/indirect) and duration of eye contact depends on a number of factors, such as cultural environments, differences in power/authority/age between the parties involved and the communication context. Research has shown that differences in the effects of eye contact are particularly prominent when comparing East Asian and Western European/North American cultures. To improve eye contact with others, strive to maintain consistent contact for at least 3 to 4 seconds at a time, deliberately assess where you are looking while listening to someone else, and practice eye contact as much as possible (as strange as this may seem at first, it is the best way to improve).3. Smile MoreThere are many advantages to smiling and laughing, and when it comes to working with more confident body language, this is an area that should be fun, low effort and relatively stress-free. Smiling is associated with happiness chemical dopamine and mood-stabilizing hormone, serotonin. Many empirical studies have shown that smiling generally leads to positive results for the person smiling, and further research has shown that smiling can influence listeners' perceptions of our confidence and credibility as well.4. Hand gesturesSy-responding facial expressions and posture, what you do with your hands while talking or listening in a conversation, can significantly affect other people's perceptions of you in positive or negative ways. It is undoubtedly challenging to consciously account for all your nonverbal signals at the same time to stay engaged in the verbal part of the discussion, but inserting the work of developing more bodily awareness now will make it much easier to subconsciously project more assertive body language later.5. Improve your handshakeIn the article, An Anthropology of the Handshake, University of Copenhagen social anthropology professor Bjarke Oxlund considered the future of handshaking in the wake of the Covid-19 pandemic: Handshakes not only vary in function and meaning, but do so according to social context, situation and scale. . . . a public discussion should follow on the advantages and disadvantages of holding on to the tradition of shaking hands as the conventional gesture of greeting and leave in a variety of circumstances. It is too early to determine any of the ways Covid-19 has permanently changed our social norms and professional etiquette standards, but it is reasonable to assume that handshaking can retain its importance in American society even after this pandemic. To practice more confident body language in the meantime, the video explains about the science of the perfect handshake below what you need to know.6. Complement your verbal with hand gesturesAs you know now, safe communication involves so much more than just smiling more or sounding like you know what you're talking about. What you do with your hands can be particularly influential in how others perceive you, whether you fidgeting with an object, squeezing your fists, hiding your hands in your pockets, or calmly gesturing to emphasize important points you discuss. Social psychology researchers have found that iconic movements - hand gestures that appear to be meaningfully related to the speaker's verbal content - can have profound implications for listeners' information retention. In other words, people are more likely to engage with you and remember more of what you said when you talk with complementary hand gestures rather than 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 notion that more assertive body language is easily achievable through greater self-awareness and deliberate nonverbal actions. Final TakeawaysDevelop better posture, improve your facial expressiveness, and practice hand gestures can greatly improve your communication with other people. At first it will be challenging to deliberately practice nonverbal behavior that many of us are used to performing daily without thinking about them. If you ever feel discouraged, but remember that there is no downside to consistently putting in just a little more time and effort to increase your bodily awareness. With the tips and strategies above, you'll be well on your way to embracing more confident body language and reinforcing other people's perceptions of you in no time. More tips on how to develop a safe body Kreditt photo: Maria Lupan via unsplash.com unsplash.com

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