

Simple Moves to Improve Your Productivity



Although you may not be aware of it, your body language not only communicates to the subconsciousness of those around you but also sends signals to your own brain. According to the scientific theory of “embodied cognition,” even a subtle gesture can shape our moods and attitude. Use this to your advantage: improve your productivity and conquer your workday by using these power poses, even if you’re working primarily online!

According to Amy Cuddy, a social psychologist at Harvard Business School, you should hold your power pose for two minutes. Adopt the classic power pose by lifting your chest, holding your head high, and propping your hands on your hips for a flood of confidence-boosting testosterone before a big meeting. Stand with outstretched legs and arms for another morale-building pose.

If you need some help getting motivated to do admin like phone calls or answering emails, extend your legs or prop them up. Similarly, by placing your hands on your head with your elbows out, you’ll not only improve posture and stand tall, but this power pose will also help with brainstorming or problem-solving.

When it comes to tough negotiations or tense meetings, rest your arm on the chair next to you. Taking up more space conveys power and conviction. You can also show others you’re actively listening by remaining alert while they talk, nodding and maintaining eye contact.

Lastly, don’t forget to smile. The act of turning your frown upside down improves serotonin and also boosts the happiness of those around you.