

It is known that truly self-confident people are usually more healthy, happy and hardy. They study better at school, more satisfied with work and achieve career successes, build a stronger relationship, often work more efficiently in the team.

Professor Jan Robertson, a clinical psychologist and founder of the Trinity College Institute of Neuronas in Dublin, studies how confidence affects our brain and body. In his opinion, confidence is something that many of us are not born. Confidence is to effectively cope with anxiety, which is generated due to some uncertainty.

These are the methods will help you feel more confident in yourself.

Play your role. The ability to pretend is the basis of self -confidence. Imagine that you play a confident person. After some time, you yourself will begin to believe in it and your behavior will become more natural.

Rethract the alarm. During one study of 2014, the participants were asked to say "I am excited" before the stressful task. Compared. With those who said "I am alarmed" or did not receive any instructions, the "excited" group felt more confident and showed the best results.



Joe Waldron

Visualize the victory. The fact is that our brain cannot accurately distinguish a real memory from a visualized script. That is, a presentation of success can compensate for the lack of real successes and help gain self -confidence. Visualize this success in terms of your values.

Stop thinking too much. Excessive thoughts on social interactions cause norepinephrine emissions. This hormone is responsible for the reaction "Beat or Run." The more you strain, the more you think. An excess of norepinephrine may prevent you from thinking clearly. If you really tried to play the role of a confident person, then there is a high probability that this is how you looked.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.