

Discuss in detail the elements of body languages.

Body language is a type of nonverbal communication in which physical behaviours, as opposed to words, are used to express or convey information. Such behaviour includes facial expressions, body posture, gestures, eye movement, touch and the use of space.

Physical Expressions

Facial expressions :- Facial expression is a part of body language and the expression of emotion. It can comprise movement of the eyes, eyebrows, lips, nose and cheeks.

Head and neck postures and signals :- The movement of the head can indicate various intentions and messages, and is often culture and context-dependent.

Gestures :- Gestures are movements made with body parts and may be voluntary or involuntary. arm gestures can be interpreted in several ways.

Handshakes :- Handshakes are regular greeting

rituals and commonly used when meeting, greeting, offering congratulations, expression camaraderie on after the completion of an agreement.

- Breathing :- Body language related to breathing and patterns of breathing can be indicative of a person's mood and state of mind.
- Eye contact :- It's one of the first level of connection that you share with another person. It happens before you even say a word. One eyes really the think about your gut reaction to someone who doesn't ~~your~~ look you in the eyes while speaking. What do you assume? Eye contact is an unambiguous guage for expressing attentiveness, confidence, and sincerity.