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Word games for seniors complete the sayings

I recently shared an infographic that really made me think about the impressions we make on others. Have you ever gotten the cold shoulder and wondered if you might have earned it? Or have passed over for something you were sure was in the bag -- whether it was a sale, a deal or a promotion -- and wasn't able to tell where it went wrong? When I wrote about the 8 things that people decide on you in just seconds, I found it interesting, but also a little daunting. Scientific studies prove that each of us has prejudices that basically create a filter through which we see the world and people around us. It's great to know what those biases can be, but it all feels a little out of your control then, doesn't it? I mean, it's one thing to know that people tend to see men with shaved heads as more dominant, but what can you do with that information? (Besides the obvious, and I'm assuming you might not want to shave your head if you haven't.) Some of the things that people unconsciously judge others on are not even traits that you could easily change. People with a loose gait are seen as more adventurous, while those who walk with a clipped gait are seen as neurotic. Are you really going to spend a lot of time changing the way you run in your pursuit of success? I'm going to take a chance and probably say I'm not. There's an old saying I love: You don't change what people do to you, but you change how you react to it. In that same vein, it makes sense that you don't change how people are going to judge you, but you control what you put out there. Being aware of your own non-verbal cues can help you make a big impression, regardless of the prejudices of others. Check out these 11 things you can tell people by saying a word: Joe Navarro, a 25-year FBI veteran and behavioral analysis expert, says that if we see someone we really want, our eyebrows will arch defy gravity, our facial muscles will relax, and our arms will be more flexible (even extended) so we can welcome this person. Ouch. This is not something you want to convey at all, but being fashionable late telling a person that you are untrustworthy and don't value their time. Or... We don't do that. We are attracted to other people who we think are just like us. Psychologist and business consultant Valerie White says: People react when you speak at their pace. Mirror the body language of the person you're talking to to create a direct rapport. Navarro learned about thousands of criminal interviews to watch the shoulders of interviewees, as they would expose a lack of confidence or an outright lie by a shoulder just slightly to lift. This muffled or slow inching up from the shoulders says, subconsciously, I lack confidence in what I'm saying, he says. German researchers found in their study of how classical violinists were perceived for playing a note that showed a simple wink to the audience showed a favorable impression that lasted throughout the Maybe you are not on stage, but entering a meeting with a smile and recognition from other attendees will get you out on the right foot. It is a common misconception that a person who is untruthful will avoid eye contact. In fact, psychologist Ronald E. Riggio says that liars can take in more eye contact and try to hold your gaze longer than someone who tells the truth. They actually exaggerate eye contact in an attempt to seem truthful. Eye contact is a good thing, but don't go overboard or you make the person you're uncomfortable with and make them doubt your veracity. Psychologists Dana Carney, Amy Cuddy, and Andy Yap found in their research that power posing gives people more feelings of confidence and power. Holding a dominant pose for two minutes increases testosterone and reduces cortisol, the stress hormone. We communicate constantly with the people around us, often without saying a word. Are you in control of what you tell others about you? You know the old-fashioned leader archetype. Although command-and-control leadership is a thing of the past, charisma is a timeless attribute. You use your charisma to show your dominance over a room, to create a sense of friendship and loyalty, and to communicate good or bad news. Your emotion at the moment affects your posture and reveals your intentions unconsciously, so that others will see and feel what signal you are sending. Remember when you worked for someone else, how you could tell what news the boss had before he opened his mouth at a meeting? Interestingly, you learn how to control these unconscious triggers for your own benefit as a leader. Nick Morgan, founder and president of communications consulting firm Public Words, writes in Harvard Business Review about how leaders can master the art of entering a room to wield influence and capitalize on their own charisma. To exert your influence on others, Morgan says you first have to figure out what you're putting out there. Take stock of how you usually position yourself for the world and fix if necessary, he writes. For the next steps, check out his tips below. When playing poker, half the game is reading your opponents to decide if they have good hands or bluff. Everyone has a tell. The same goes for everyday life. Morgan says he's aware of how you hold yourself and realizes that you're always signaling about your intentions and feelings, and everyone else's. But unlike what you do in a poker game, Morgan says, you're usually not paying attention to the signals you pass on to others or to those you receive from them, although all this information is very important. determines an extraordinary amount of relationships you have with other people and your influence on them. So it is essential to get to grips with this unconscious unconscious he says. Morgan says you need to decipher the signals you give and embrace or change the feeling you're projecting. Most people see charisma as something you were born with, but in fact we all have our charismatic moments, Morgan writes. Tapping into your inner charisma requires focus. He says that you have to focus on the emotion you want to convey and focus your full attention on that one emotion, and that your body will then convey that message and feeling through your body language, facial expressions and posture. The people who are able to free their minds from the usual daily detritus and focus on an emotion find that they force attention. We are hard-wired to notice strong emotions in others. We have mirror neurons that fire (without us being aware) when we see someone else in a state of great excitement, anger or delight. They leak their emotions to us; We're infected with them. That's how they take over a room, Morgan writes. After you get their attention, it's time to flex your muscles. You don't let everyone stop and listen, and then just mutter something unintelligible. If you want to influence, you need to know what you want to influence. And you should have done your homework, because once all eyes are on you, everyone will expect you to have something valuable for them, Morgan writes. The Tricks of The Trade weblog has a tried and true people hack for winning an argument that escalates to shouting: If someone starts screaming to get their point across, don't respond -- let them go and on. Stay so quiet that they eventually start to wonder if you're even listening. No matter what the problem was, you will have won the argument. I can personally confirm that this works. And it's fun too! (In a wonderfully bad way.) Lawyer [Tricks of the Trade] By Kara Page Whether it's scrambled words, puzzles, crossword puzzles, riddles or fun with anagrams, many adults love a good word game. If you're queuing at the bank with your mobile phone or just want to have fun by printing a few games from your computer during a break at work, several websites offer free adult word games to play. This website contains daily word puzzles in English, French, Spanish and Swedish. The puzzles begin easily on Monday, then gradually increase in difficulty throughout the week. Their crossword puzzles are printable, but users can also activate them to play online. Search for both printable and interactive, online fill-in details, crossword puzzles, scramblers, and jigsaws in the menu on the left side of the homepage. Shockwave offers a variety of online word games, as well as downloadable games. In addition to the typical crossword puzzles and Searches, this site has games like Picturific, in which users try to guess a mystery phrase with each letter revealed one by one, or Super Text Twist, in which users take a confused group of letters and try to spell as many words as they can Time's up. True to its name, Games has a section for word games only, with a new game released every morning. Games offers game-show-style word games, letter jumbles, and trivia games in addition to crossword puzzles and other popular word games. Try Bookworm, which has you frantically linking letters to spell words, or Games' own original game, The Book of Treasures. This website also has an entire section dedicated to word games. The expected crosswords, scrambles, and executioner are here, along with new games like Phone or BlackBerry Game, which gives you an idea and numbers and asks you to figure out the secret word using a phone or your BlackBerry mobile keyboard. One of these things, in which you guess which strange word is not one that you find in a dictionary, is another favorite word game. Free Games has Lexulous, an online Scrabble game, along with WordTris, a Tetris-style word game where letters fall off the screen and you have to stack up to make words while on a clock. If you are looking for a little education with your word game, try Vocabulate, which aims to increase your vocabulary, or AcroChallenge, which has you racing to make sentences from abbreviations. Acronyms.

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