

# Body Language

## Eye Contact:

Making eye contact while having a conversation with someone shows the other person that you are **interested** in what they are saying and **paying attention**.

If this is uncomfortable for you, or if it distracts you from the conversation, then **don't worry about trying to make perfect eye contact**.

If you **look at the bridge of someone's nose**, between their eyes, it will seem like you are making eye contact. You can use this trick if you want, but remember that eye contact isn't required to be social.

## Facial Expressions:

It can be helpful for your facial expressions to match the **tone** and **mood** of the topic being discussed. If someone is describing something happy or funny, you can smile to match their mood and to show them that you are invested in the conversation.

People respond best when the person they are talking to reflects back the **same emotions that they are expressing**. Also, people who often have a bored or angry facial expression might be seen as unfriendly to others.

**Important note:** Some of these social skills may not come naturally to you, and that's okay! Even if you do not end up using the body language skills we mention here, it can still be helpful to know what your body language might be communicating to others.