



SNS COLLEGE OF PHARMACY AND HEALTH SCIENCES

Affiliated to T.N.Dr.M.G.R Medical University, Approved by All India Council for Technical Education Approved by Pharmacy Council of India (PCI), New Delhi Approved by the Government of Tamilnadu

Types of nonverbal communication

The many different types of nonverbal communication or body language include:

Facial expressions. The human face is extremely expressive, able to convey countless emotions without saying a word. And unlike some forms of nonverbal communication, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across cultures.

Body movement and posture. Consider how perceptions of people are affected by the way they sit, walk, stand, or hold their head. The way a person move and carry communicates of information's to the world. This type of nonverbal communication includes a person's posture, bearing, stance, and the subtle movements you make.

Gestures. Gestures are woven into the fabric of our daily lives. One may wave, point, beckon, or use thier hands when arguing or speaking animatedly, often expressing yourself with gestures without thinking. However, the meaning of some gestures can be very different across cultures. While the OK sign made with the hand, for example, conveys a positive message in English-speaking countries, it's considered offensive in countries such as Germany, Russia, and Brazil. So, it's important to be careful of how a person uses gestures to avoid misinterpretation.

Eye contact. Since the visual sense is dominant for most people, eye contact is an especially important type of nonverbal communication. The way a person look at someone can communicate many things, including interest, affection, hostility, or attraction. Eye contact is also important in maintaining the flow of conversation and for gauging the other person's interest and response.

Touch. We communicate a great deal through touch. Think about the very different messages given by a weak handshake, a warm bear hug, a patronizing pat on the head, or a controlling grip on the arm, for example.

Space. Have a person ever felt uncomfortable during a conversation because the other person was standing too close and invading your space? We all have a need for physical space, although that need differs depending on the culture, the situation, and the closeness of the relationship. A Person can use physical space to communicate



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many different nonverbal messages, including signals of intimacy and affection, aggression or dominance.

Voice. It's not just what a Person say, it's *how* you say it. When one speak, other people "read" thier voice in addition to listening to their words. Things they pay attention to include your timing and pace, how loud a Communicator speak, their tone and inflection, and sounds that convey understanding, such as "ahh" and "uh-huh." Think about how their tone of voice can indicate sarcasm, anger, affection, or confidence.