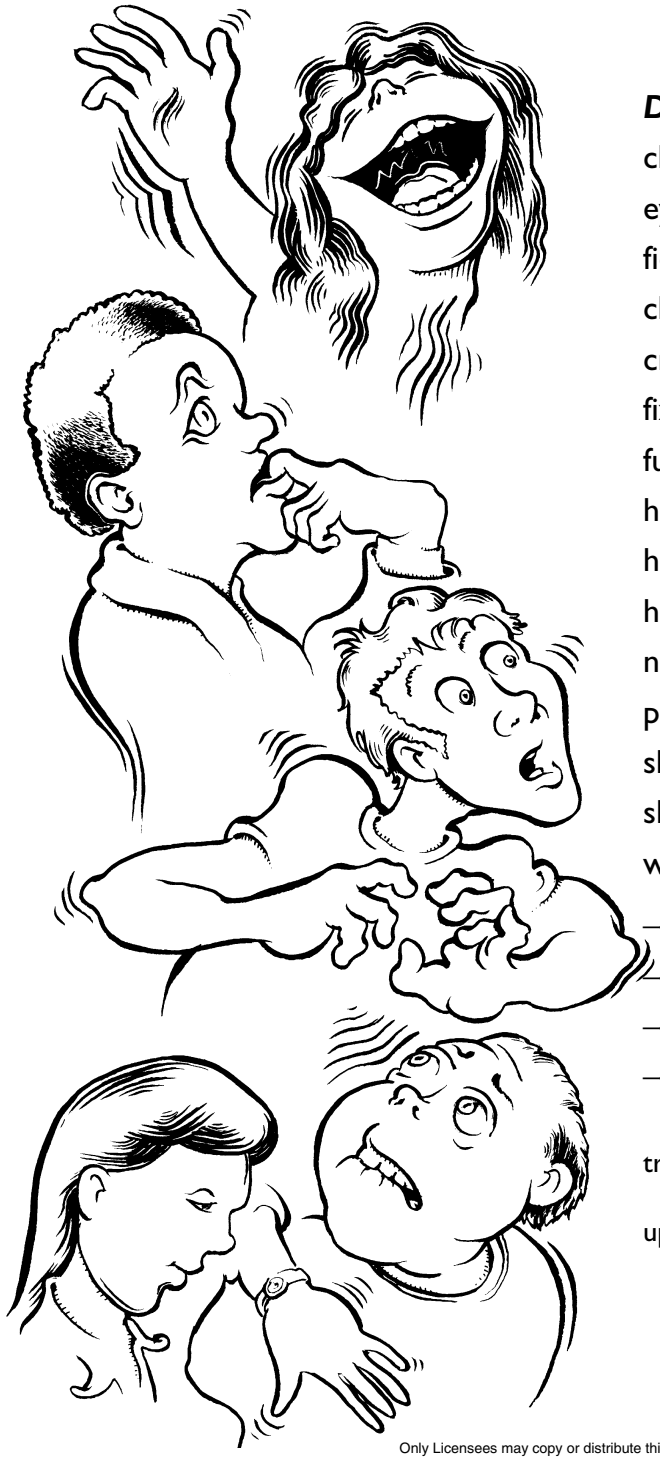
CIGNA Behavioral Health

Communicating With "Body Language"

Words are only part of communication. We also communicate in the way we sit or stand and use our hands or facial expressions.

Take a look at the following body "messages." What would you be trying to say if you used these movements?



Doing This	*Might Mean This*
clenched jaw	anger, stress
eyebrows raised	surprise, curiosity
fidgety movements	nervousness
clenched fists	_____
crossed arms	_____
fixed smile	_____
furrowed brow	_____
hands open, palms out	_____
hands quietly in lap	_____
head tilted	_____
narrowed eyes	_____
pursed lips	_____
shoulder shrugging	_____
slumping posture	_____
wringing hands	_____
_____	_____
_____	_____
_____	_____
_____	_____

How does your body language reinforce what you are trying to communicate?

When you listen to a person, what clues can you pick up from their body language?

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