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University of Hyderabad



"Hey, aren't you nervous about that presentation?"

"Yeah, a bit but I'm sure I'm going to crack it!"

Confident people, man! Aren't they a goal? Not only because of the way they talk, move but also because of the way they make us feel when around them.

If you often go in awe of confident people and wonder, "how do they slay like a boss", your search ends here.

As per Psychologists, here're some qualities of a confident person that we all can adopt -



"I know who I am."

A 2020 study revealed that confidence and happiness are interrelated. Confident people derive happiness and satisfaction



"Here goes my power pose."

Experts say that maintaining eye contact, a firm handshake, a steady and non-fidgety posture - all these signs make a

from their own accomplishments, as opposed to what others think of them.



“I will do it this way.”

Confident people are good decision-makers. Research shows that such individuals make up their minds faster and stay committed to their plans.

person appear confident that help establishes trust in relations.



“I can do it!”

Confident people step up and take responsibility, regardless of the circumstance. They don't see new initiatives as a burden and work towards them with a positive outlook.



“No, I'm not certain”

Research shows that the more difficulty that one has said no, the more likely they are to experience stress, burnout, and even depression. Confident people know saying 'no' is healthy.



“Can you help me here?”

People with confidence know that learning from someone with more expertise is a great way to improve. They are direct and be very explicit with exactly what it is that they are asking for.

There you've it, 6 qualities of a confident person. Wondering how you can build such qualities and grow confident? Professional guidance is a click away.

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For further queries or concerns, please reach out to us at campus@yourdost.com.

**Standing with you,
Team YourDOST**



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With Friendship Day around the corner, pick your friends like you pick your battles! Wondering how? This time let's go slower on the #Flix&Chill rule and move closer to the #Care&Prepare rule.

So get up and say 'hello' to these five friends who will make your life happy and healthy!



The Gratitude Jar

When somebody offers you a helping hand with an assignment or an exam, **make friends with gratitude.**

"I am grateful for having you by my side" is a simple phrase that will solidify your relationship with your classmates.



The Listener's Hat

It's normal to have opinions. However, to **respect different views**, you must spend more time with the listener's hat.

Always speak last if you are the one deciding. Listen and jot down the pointers before you conclude.



The Pro Planner

Planners are the new goalers. Sticking to a routine can be tiring, but the change begins when we start meeting planners regularly.

Spend **15 minutes** daily in the morning to plan your day at college, before you get swarmed by the assignment deadlines.



The Fitness Fiddle

Did you know? Working out regularly can **accelerate your creativity and enhance productivity.** Still, need reasons to hang out with fitness fiddle?

If you have an option, try walking/cycling to your campus. If not, take some time out for a **30 mins brisk walk.**



The Self-Care Clock

Back-to-back lectures and a list of assignments from the sky to the ground could be something you ace. And yet it's always the self-care clock that keeps you sane.

Set a **strict break-time** between major tasks and take that time to do something for yourself daily.

On this Friendship Day, let's start by making new friendships with these habits and qualities. And if anything bothers you along the way, remember our experts are here for you - 24*7!

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