



## FIND YOUR BALANCE

### BE PRODUCTIVE IN THE BEST WAY POSSIBLE

#### CLOSE YOUR EYES AND LISTEN

This is worth trying when you don't understand what someone is feeling. You're able to read people's emotions better when you listen and don't look.

#### FIRE UP YOUR XBOX

Despite their reputation, regularly playing video games can improve a student's resourcefulness, adaptability and communication skills. Modern games often involve problem-solving which need the kind of collaboration that helps people perform better in higher education facilities.

#### KNOW YOUR AUDIENCE

When working in a team with gender lines, using text instead of face-to-face communication is far worse at sharing knowledge and turning that information into decision making. In other words, talk is far from cheap when there's an equal mix of men and women in a group. For the best results, choose words not print outs.

#### THINK POSITIVE

A positive attitude means more than keeping a smile on your face. Communicating with people while thinking positive thoughts broadens your sense of possibility and open your thought processes up to more options.

#### ENCOURAGE LESS TO MOTIVATE MORE

In an exercise setting, having a workout partner who is the strong silent type can be hugely motivational. When a task is physically demanding leading by example and just mucking in are the best ways to maximise results.

### Herz-klopft

*German; noun* Literally 'heart-knock'; the thumping of the heart in anticipation of something good (or bad) happening.

### Morkkis

*Finnish; noun* A moral or psychological hangover; post-hoc embarrassment or shame at one's drunken behaviour (and dread or confusion about what one might have done).

### Weeltschmerz

*German; noun* World-weariness, world-hurt; causeless melancholy. Otherwise known as every Londoner's disposition since the Brexit vote.

### Vorfreude

*German; noun* Intense, joyful anticipation derived from imagining future pleasures. Aka the Friday feeling.

### Shěnměi pīáo

*Chinese; noun* Aesthetically fatigued; exposure to so much beauty that one ceases to appreciate it.

### Gluggaveður

*Icelandic; noun* Literally 'window weather'. Weather that is pleasant to look at through a window, but unpleasant to be outside in (e.g. cold, windy). Even better when the snow blocks your way and you have to take the day off. **B**



### OF THE CAPITAL'S TOP EMOJIS



**TEARS OF JOY**  
The most used emoji of all. Deemed Word of the Year in 2015 by the Oxford English Dictionary.



**FIRE**  
Used to describe something (or often someone) who is hot.



**HEART EYES**  
Used to mean 'I love you' or 'I love this'. One of the UK's most-used emojis.



**LOVE HEART**  
Usually red but can be blue, green, purple even sparking. Basically, you love it.



**SMIRKING FACE**  
Often flirty, so shouldn't be confused with the unamused face which may look similar but is anything but.

### Uteplis

*Norwegian; noun* Literally outdoor lager; a beer enjoyed outside (especially in the sunshine). In Soho this is a necessity because every pub has just three chairs.

### Hugfanginn

*Icelandic; adjective* Literally 'mind-captured', to be charmed or fascinated by someone or something. Likely to happen to you several times during every tube journey.

### Tyvsmake

*Norwegian; verb* Literally sneak, thief (Tyv) taste (Smake); to taste or eat pieces of food (e.g., when cooking); cherry-picking the best morsels (rather than to improve the meal).

### Tarab

*Arabic; noun* Musically-induced ecstasy or enchantment. Particularly poignant when drowning out London's bustle with a sweet pair of noise-cancellers.

### Meriggiare

*Italian; verb* To rest at noon (in the shade). Does also apply to hungover naps in the office bogs?

### Ambedo

*English, New Coinage; verb*  
A melancholic trance involving total absorption in vivid sensory details. Likely to happen at Piccadilly Circus.

IMAGES: ILKA & FRANZ/GETTY IMAGES, STOCKSY

**Onsay**, Boro (Indian dialect); verb To pretend to love. You're here now, so might as well make the most of it.



Word to the wise: life is about so much more than the pursuit of happiness. In fact, as emotions go, 'happy' is a pretty nebulous one. It's a broad stroke when what you actually seek is an individual strand of happiness – something closer to contentment, awe or excitement.

Psychologists say homing in on these specific emotions is important. "There are studies on the value of developing "emotional granularity", in which people can be taught to identify and label their feelings with greater specificity and nuance," says positive psychology lecturer Dr Tim Lomas. "That means recognising different varieties of positive emotion, rather than just using generic terms such as "happiness" or "wellbeing". It was to that end Dr Lomas created

The Positive Lexicography Project – a compendium of words that succinctly capture nuanced emotions. Understanding and reflecting upon them is, according to Dr Lomas, helpful in developing mindfulness – doubly important when you're an overworked Londoner who goes through several thousand emotions just being on the tube at rush hour.

We combed through his intercontinental library of untranslatable emotions to find the feels most relevant to our discerning *Balance* readers. Consider your emotional vocabulary broadened.

### Ramé

*Balinese; noun* Something at once chaotic and joyful. London in a nutshell.

### Gaupasa

*Basque; noun* Literally 'all-nighter'; e.g. to spend the night partying and to arrive home at dawn. You may or may not be returning from Vauxhall.



### Kenopsia

*English, New Coinage; noun* The eerie, forlorn atmosphere of a place usually bustling with people but now abandoned and quiet—a school hallway in the evening, an unlit office on a weekend...

### Flâner

*French; verb* Leisurely strolling. As noun (Flâneur): one who strolls (e.g. to experience the city).

### Felerabend

*German; noun* Literally 'evening celebration'; the jolly mood that arrives at the end of a working day; can just mean the end of the working day.