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Why attitude is more important than intelligence

A growing trend among companies nowadays is to recruit employees based on their attitudes instead of focusing on educational qualifications. Screening processes include rounds catering to employees' unique personalities. Why is that?

ATTITUDE IS THE ANSWER

At the outset, attitude consists of several factors, such as innate viewpoints, experiences, upbringing and mostly importantly, who a person is closely socialising with. Our attitude reflects what we want to be and where we want to go in life. And when combined with experiences, our attitude creates a path for us that will lead to bigger success in our career.

SOFT SKILLS ARE CHANGING THE GAME

Intelligence is multidimensional. Where scores and CGPA is the yardstick in some state of affairs; it does not take into account emotional intelligence, creativity and many other aspects of human development. The total product of all those factors is however embedded in a person's attitude.

STREET SMART OVER BOOK **SMART**

The debate regarding book smarts and street smarts has been raging on for years. And street smart has been winning for justifiable reasons. No one can deny that it is really the attitude one brings to the table when starting on something new that matters. A majority of work involves learning on the job and yes, it is a person's intelligence that helps to understand and interpret many things, but the attitude of being sincere and wanting to improve on-the-go are the actual characteristics being cashed in.

FOLLOW THE PROPER CHAN-NELS OF KNOWLEDGE

Intelligence can be acquired through proper channels of knowledge and the right attitude, whereas without ambition or a strong work ethic, a person's intelligence would fundamentally be of little use. Outside the job market, attitude

trumps intelligence as well. Attitude is a multidimensional attribute, consisting of almost everything that a person is and everything he or she wants to be. With the right attitude, one can be the most successful person, regardless of the innate intelligence level. With the right attitude and a little luck, any person can indeed achieve anything they wish for.

On the edge of anxiety's seat

Do you ever feel like your mind is enveloping you in a hug, and not the nice, warm one, but a tight, suffocating hug that constricts your breathing, makes your skin sweat or your heart race in fear? Do you ever get the strange feeling of your limbs getting heavier until you feel like there is a massive boulder sitting on your shoulders, and anytime now, you might just crash and get crushed? Is it the fear of failing, or an approaching deadline or just an "Oh Maliha you look different" remark that has you doubling over whether "different" is good or bad? If it is the latter, then you might be suffering from the one and only, the crippling, and the agonisinganxiety. Anxiety may be more prevalent in women than in men, according to a research done by the National Comorbidity Survey, due to anatomical differences in the brain, but the severity of the symptoms or the cause for anxiety show no gender differ-

Anxiety is good for you. Yes, you read that right. A healthy amount of anxiety is good to prepare you for important events or danger and to help you be more alert. But the unhealthy kind may show up even when there are no signs of danger around you. Anxiety can not only wreak havoc on your daily life, but can also affect your physical and mental health if not treated on time. Anxiety is a parasite that gets bigger the more you feed it.

ences.

The good news is it can be tackled, but the bad news is that anxiety can take different forms for everyone; hence, what may work for one individual may not work for you. Most people are administered antianxiety pills by the doctor, and while they may work, you must co-operate with yourself. In order to tackle anxiety, you need to first understand what triggers it. Once you have that pinpointed, you can start working on it yourself.

embatindicators psychological trauma alcohol abuse cause

If you have social anxiety, maybe start with baby steps. Instead of forcing yourself to go out more, only go to a few events, and that too, with your friends, so you don't feel like all the burden of socialising is on you. Anxiety can be draining and sometimes taking a breather while a friend handles the situation is the best you can do. If you have the habit of over-thinking

and analysing an otherwise harmless comment, maybe indulge yourself in a hobby right away to help get your mind off of the matter. As exhausting a busy schedule may be, it is immensely beneficial for people suffering from anxiety. Distraction may be your biggest weapon.

If you are a victim of panic attacks, try 'belly breathing' exercises where instead of breathing with your chest, you breathe with your abdomen. Close your eyes and focus on trying to slow down your

> breathing. The simple act of focusing helps steer your mind away from the source of trigger. Lastly, if

nothing else works, find something around or near you. It can be a bag or a shoe or even a sock. Then, start describing it in your head with as much detail as you can since this technique works even better when you write down the details. Giving your mind an exact object to focus on helps it to calm down. The most important factor in

handling anxiety is to understand that you are in charge of your body and mind. Telling yourself that you are the driver of the engine that is your mind may help your mind actually believe it. Make 'fake it till you make it' your mantra and tell yourself that everything is possible if you believe in it. Have faith in yourself and it will get easier with practice. Your anxiety does not control you, you control it.

By Tanzim Islam Silony **Photo: Collected**

THOUGHT CRAFT BY NASRIN SOBHAN Freelance Writer



pains and gains next day, and do it all over again.

Cakes and aches,

The other day, I ran across an old friend, a charming elderly gentleman, who is well known for his charm and impeccable manners. I happened to ask him about his aches and pains. "Oh, there are so many that if we start talking about them, it will take all day," he said, waving it away with a smile.

"What an elegant attitude," I thought to myself.

I was reminded about aches and pains again when I decided one evening to revisit a memory from Moscow, and brought up a YouTube video of Georgian dancers.

The dancers were as spectacular as I remembered. They flew across the stage in great leaps, danced on their haunches, launched themselves into the air, glided in circles and twirled at high speed; and watching all of that made me quite dizzy.

It also made my knees ache, until I remembered that the young, and especially professional dancers, can do physically taxing things for hours on end without passing out, and can get out of bed the

We can all look back fondly to the good old days, and a time when we thought nothing of kneeling and picking things up from the floor, or getting the cheapest items out of the lowest shelves in the supermarket quite effortlessly. We could sit on very low couches without needing someone to help us get up, and we never minded sitting on the floor —even in saris— because we were able to rise gracefully without getting tangled up in six yards of silk.

But bodies change. One day, we hear that person X, who is fifty, has had a hip replacement. I exclaim "What on earth! He/she is so young!" And then we hear other similar tales: a broken ankle, a frozen shoulder, a keyhole surgery here or there.

High-impact cardio and jogging have to be discarded in favour of yoga, and long walks in the park, while eighteen holes of golf have to be reduced to nine. So, the joints have been taken care of, but the

tummy suddenly makes an appearance. What was neat and flat suddenly changes. Images of our lost youth and slimness flash before our eyes as we discover that the cakes and cookies, biriyani and kabab now bypass the digestive system entirely, and go directly to the midriff and hips, and settle there, un-invited. We take on new curves and dimples, which once prompted one of my Sylheti girlfriends to say affectionately, "Otho maya laagey dekhiya."

Our plumpness, though loveable, is bad, both for the knees and the morale, so the desserts and kababs have to be abandoned. There is always a silver lining for every cloud, however. Better nutrition in our generation enables us to retain our good health, physical strength and mobility for longer. We can walk farther, travel more, and enjoy greater longevity than our parents' generation. The moral here is that our bones, joints, and bodies must be loved, respected and cherished, as carefully as any good marriage and/or a healthy bank account.