

POLITENESS IS THE KEY TO SUCCESS

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Annotation: *Nowadays politeness is considered to be one of the most virtues of humankind, which can help to get their business done and to make a living easier and positive. Moreover, polite people are highly likely to maintain self-control, because humble people do know their limits and degree in front of people. While the selfish ones are more likely to lean towards losing their control in extreme situations.*

Annotatsiya: *Hozirda xushmuomalalik insoniyatning hayot va faoliyatini ijobiy va oson bajarishida yordam beradigan afzalliklardan biri hisoblanadi. Bundan tashqari, xushmuomala inson o'zini qanday boshqarishni juda yaxshi uddalaydi chunki kamtar inson boshqa insonlar oldida o'zining darajasi va chegaralarini biladi. Xudbin insonlar esa qaltis vaziyatlarda muomalada o'z muvozanatini yo'qotadi.*

Key words: *politeness, humble, generous, overconfidence, business etiquette, humility, kindness, calmness, self-confidence, anxiety, self-control.*

Politeness, by definition, can mean being kind and showing manners no matter what happens, no matter who is in front of you. In today's day-to-day world, confidence is the key to get along in life, full of its ups and downs. Confidence can assist to do better in everything, such as at work, in relationships, in turn an excessive amount of it can be arrogance and can serve to your bad. That is why it is essential to stay humble while being confident.

Actually, we can define politeness as something which is not as easy as you think, as well as something which is not as difficult to accomplish, as you think. We all, probably, heard a saying, 'you will never get a second chance to make the first impression'. What is cool about staying humble is that you will be, like, treating equally everyone, you never know who are you talking to, that person may turn out to someone powerful, who can help on your future endeavours. Here, in the saying, an underlined meaning is also the same, I think. First of all, you should start by being humble to your family members. This can help you build a strong and warm relationship with them, and eventually it helps you be in a good mood during the day. Your colleagues are also the people worth to be treated politely, as it helps you improve your productivity and atmosphere around you. Then you should always remember to treat random people with manners. This helps you widen your social circle.

There are several benefits of being humble. Researchers have found out that humble people are more tend to be positive about the flow life and better cope with mortality. Most of them get death as it is how life should be lived.

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Humble people are, on average, more helpful than people who are conceited or egotistical. In a study by LaBouff et al. (2011), participants who were humbler, were more likely to offer help, and offered more of their time, to those in need. Unsurprisingly, humble people have also been found to be more generous. As I think, that is because, being helpful means being humble, I mean being helpful is one of the most important stages of being humble.

To add to it, being humble has its health benefits too: The vagus regulates how efficiently heart rate changes with breathing and, in general, the greater its tone, the higher the heart-rate variability and the lower the risk for cardiovascular disease and other major killers. It may also play a role in regulating glucose levels and immune responses (...) the vagus is intimately tied to how we connect with one another—it links directly to nerves that tune our ears to human speech, coordinate eye contact and regulate emotional expressions.

Furthermore, they are some chemical evidences that if you exhibit kindness, you will become much happier, and people around began to like you more: When a person performs an act of kindness the brain produces dopamine, associated with positive thinking. Secondly, the brain has its own natural versions of morphine and heroine: endogenous opioids, such as endorphins. It is believed that when a person does an act of kindness they feel good on a chemical level thanks to the production of these endogenous opioids.

As a student, I surely believe that, if you are kind to your friends and teachers at your university, you will gain special respect from your peers, and even from your professors and teachers. These all can benefit you in your university life and in the long term.

Politeness serves many uses. It makes interaction with strangers easier, and often more efficient. And frankly, it would be pretty unpleasant to not have it, as every social interaction would have to be negotiated individually rather than being able to rely on common expectations. Yet, like any process, it involves trade-offs. What is polite often reflects existing power structures, and reinforces existing patterns of interaction.

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