



Smile



World Smile Day



Smile+

Smiling is contagious: smile and the world smiles with you

Did you know that while you use around 43 muscles to frown, only 17 muscles participate in a smile on your face? Psychologists believe smiling actually makes us feel better. A smile opens up the blood vessels to the brain, increasing the oxygen supply and so improving our mood. Frowning on the other hand impedes the blood supply making us feel tired and out of sorts.

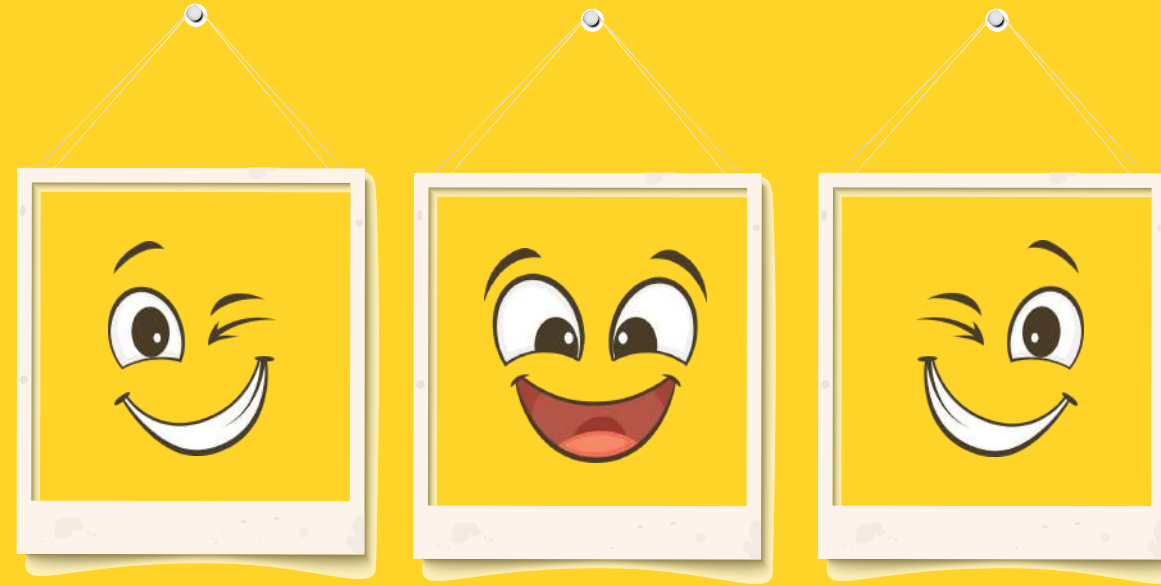
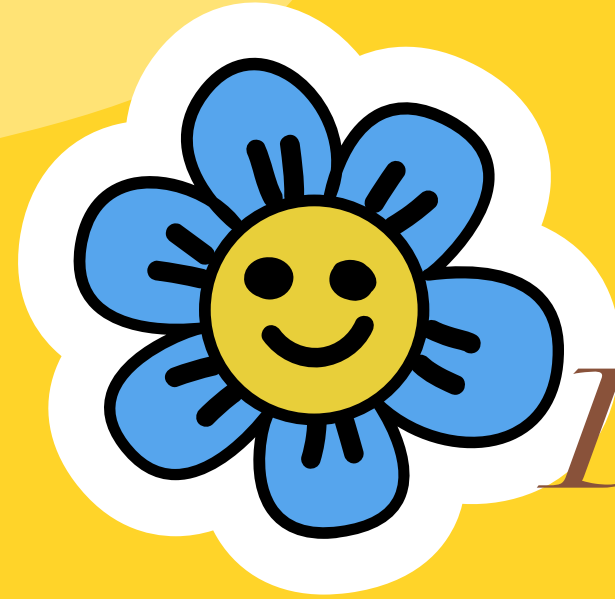
A smile cost nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he/ she can get along without it, and none is so poor but that he/she can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours As none needs a smile so much as he who no more to give.

I read somewhere that Buddhist monks smile for 15 minutes every morning as a form of meditation. Smile relaxes both the person who smiles as well as the person receiving it.

Smile Always



World
Smile
Day



Benefits of Smiling

- Smiling has significant psychological, neurological, and health benefits, including increasing dopamine, serotonin, and endorphin levels, reducing stress, improving mood, and enhancing overall well-being.
- Smiling is a powerful social cue that helps build and strengthen social connections, improves likability, trustworthiness, and attractiveness, and can positively impact professional and personal relationships.
- Studies have shown that people are more attractive when they smile. There is a good reason why people smile before taking a photo – everyone looks better with a smile on their face
- Reduce stress
- Helps you to look less tired and feel relaxed
- Improves the immune system
- Can aid in reducing blood pressure
- Helps you to get in a better mood
- Smiling and positive attitude are associated with longer life
- Smiling makes other people happy
- Smiling allows you to appear more likeable which can help in building better relationships
- People want to be around people who smile

