

Benefits of Smiling

Stress Activity:

Smile 5 times today at 5 different people.

Stress Tip:

Nothing is either good or bad, but thinking makes it so.

Smiling is a great way to make yourself stand out while helping your body to function better. Smile to improve your health, your stress level, and your attractiveness. Smiling is just one fun way to live longer.

1. Smiling Makes Us Attractive

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away -- but a smile draws them in.

2. Smiling Changes Our Mood

Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.

3. Smiling Is Contagious

When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

4. Smiling Relieves Stress

Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

5. Smiling Boosts Your Immune System

Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

6. Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

7. Smiling Releases Endorphins, Natural Pain Killers and Serotonin

Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

8. Smiling Lifts the Face and Makes You Look Younger

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day -- you'll look younger and feel better.

9. Smiling Makes You Seem Successful

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

10. Smiling Helps You Stay Positive

Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress and worry by smiling.