

Reasons and effects for just smiling

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Why should you smile? I. Imagine: you wake up in the morning. You get ready and grab a cup of coffee. Then, you walk out the door, seeing many faces as you make your way to work, and walk up to your building. When you walk inside expecting to be greeted by many more positive faces, you see none, and so you walk over and sit down at your desk. While thinking back on your morning to work you were realizing that there was not a moment of joy. There was no laughter, no happiness... nothing.

A single coworker or employee did not greet you happily, and a single person walking to work did not smile you at. The world just felt cold and bitter, and now you're in a terribly bad mood for the rest of the day because of it. Would it not have made it a better day to see people joyfully acknowledging you and one another around them while you were on your way to work rather than seeing their cold and painfully bitter looks of no emotion? Well, I know the perfect remedy to making any day, a better day. II.

This can change the way you start and end your every day. a. Have you ever wondered what simplest thing you could do to help someone who was upset was? i. You can do this with them and for them to help them to feel better. b. It is extremely easy and it takes little to no muscles to do it. ii. Keep in mind, it takes 43 muscles to frown. 1. That is a lot of muscles to use to show people you are unhappy. c. When you walk with and past people, and they give you a negative look, 9 times out of 10 it will bother you in some way or another. ii. If you look at them positively, typically they will look back at you

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positively as well. III. Smiling. d. Smiling is a part of every day life. iv. It changes our mood for the better. 2. It can trick the body into feeling happy. v. “ Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing. ” ~Mother Teresa e. Smiling relieves stress. vi. It helps us to not look so tired and overwhelmed. 3. It can wear down the stress before it works you up. f.

Smiling reduces your blood pressure and boosts your immune system. vii. Those are two very important things to keep in mind while keeping a healthy living style. viii. “ When you smile,” stated by Mark Stibich, “ there is a measurable reduction in your blood pressure. ” ix. Smiling relaxes you, and when you are relaxed your immune systems is boosted. IV. Smiling can help you in many, many other ways as well. g. Whether it is with your lips or with your teeth, smiling is how to make for a positive day ahead. x.

When you go to an interview you smile to show appreciation. xi. When you are at work you smile to show courtesy. xii. While it takes 43 muscles to frown, it only takes 17 to smile. h. “ Smiling is universal. ” –quoted by Michael Lee. xiii. There is no barrier on smiling. 4. All races, males, females, any age, and any type of people have the ability to crack a smile whenever they feel the need/want to. xiv. When you smile it breaks the ice of any situation. i. “ Smiling has a lot of benefits, not only to you but also to those around you. – Another quote from Michael Lee’s only blog about smiling improvements to life. V. Smiling makes any day a better day. According to this class, 100% of you agreed that smiling does in fact make your day better; whether it may be a lot better, or only slightly better. Next time you feel sad or upset, try smiling. There is a good chance that you will feel quite a bit better. Smiling

reduces and relieves stress built up in your body to help you from getting upset over smaller problems. Smiling even boosts your immune system and lowers your blood pressure!

Above everything else, smiling helps to lift your face to help make you look a lot younger. I mean, some of you may say that you don't want to be attractive, want to relieve stress, don't want to build your immune system or lower your blood pressure, don't want to look a lot younger, feel successful, or be able to stay positive. That's okay though; because smiling just may not be for you, but for everyone else out there, who does want all of those things to happen to him or her, smile, because it will show an improvement in your life in the matter of minutes. Go on, try it!