

# Smile college essay



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Benefits of Smiling By Mel Sim for Yahoo! Southeast Asia - 11 hours

ago You've heard it before - it takes 43 muscles to frown and only 17 to smile. Sounds like an easier job to turn that frown upside down? There's more to smiles - over the years, research has shown that by smiling you can inadvertently improve your health, change your mood for the better, and even influence others to feel good about themselves! To put a smile on your face, we present you these five benefits. 1.

It's a stress relief When you smile, endorphins and serotonin are released. The combination of both helps to counteract and diminish the stress hormones, helping you feel more relaxed. So the next time you find yourself in a pull-your-hair-out moment, take a breather, smile, and you'll soon realize that things are not that bad after all. 2. Smiling enhances your mood Notice how you smile when you're having a good day? Or are you having a good day because you're smiling? Whichever it is, it has been shown that the endorphins that are released when you're smiling do more than just keep stress at bay.

As natural pain relievers, endorphins help to lift your mood, making you feel good about yourself as well as the moment you're in. It's the very reason why we can't help but smile when thinking of good thoughts! Also read: Meditation For The Working Woman 3. Smiling keeps the doctor away Your stress reduced, your mood enhanced - it's no wonder why you're feeling better about yourself and healthier these days! When you smile, your body naturally relaxes. When you are in a relaxed state, your immune system works better and is able to function optimally, helping to fight off colds and flu. At the same time, by relaxing your mind when smiling, you are

also lowering your blood pressure. So do things that you enjoy - whether it is playing with your pup or having a scoop of ice cream - and smile bad health away! Also read: Do More This Weekend4.

It helps generate positive...