
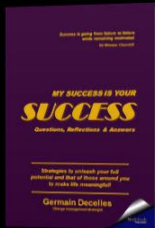


A smile costs nothing,
but it pays a lot; it enriches
the one who receives it
without impoverishing
the one who gives it.



**MY SUCCESS IS YOUR
SUCCESS**

WebTechPublishing.com

Franck Irving Fletcher.
(1881 – 1963)
English-American publicist, author of the book *Lucid
Interval Confessions of a custodian of
the convictions of Others in 1938.*

CAN A SMILE MAKE A DIFFERENCE?

Your smile has the power to light up a room and connect with people without saying a single word. They say a picture is worth a thousand words, but I like to say a smile is worth a thousand words. Happiness, optimism, and love to name a few.

Many things can be resolved with a smile. You can break down barriers, automatically put someone at ease, express your cheerful mood, convey confidence, and thousands of other actions, feelings, and emotions.

Not only can a smile improve your mood and that of those around you, but it also increases your likability and has tremendous health benefits.

Many see smiling simply as an involuntary response to things that bring you joy or make you laugh.

While this is certainly true, it overlooks an important point: smiling can be a conscious and intentional choice.

Whether your smile is genuine or not, it can affect your body and mind in a variety of positive ways, providing benefits for your health, your mood, and even the mood of those around you.

1. *Smiling helps you live longer:* perhaps the most compelling reason to smile is that it can lengthen your overall lifespan. Overall, happy people seem to enjoy better health and longevity.



Maintaining a happy and positive mood can be an important part of a healthy lifestyle.

2. *Smiling reduces stress*: stress can permeate our entire being and it can really show on our faces. Smiling not only helps prevent us from looking tired, exhausted, and overwhelmed, not only it can actually help reduce stress.

Believe it or not, smiling can reduce stress even if you don't feel like smiling or even if you fake it with an insincere smile.

When you're stressed, take time to smile. You and those around you will reap the benefits.

3. *A smile lifts the mood*: next time you're feeling down, try smiling. Chances are your mood will improve.

The physical act of smiling actually activates pathways in your brain that influence your emotional state, which means that by adopting a happy facial expression, you can « trigger » your mind into a state of happiness.

This is true whether your smile is real or not. Think of smiling as a natural antidepressant.

4. *Smiling is contagious*: how many times have you heard that a smile has the power to light up the room?

While it's certainly a beautiful sentiment, it contains a hint of truth. Smiling not only has the ability to uplift your mood, but it can also change other people's moods for the better.

Your brain automatically notices and interprets other people's facial expressions and sometimes you can even imitate them.

This means you might notice someone else's smile and unknowingly smile at you.

Yes, it's scientifically proven that smiling is contagious.

5. *Smiling stimulates the immune system*: smiling can also improve your overall health by helping your immune system work more efficiently.

It is believed that when you smile, immune function improves because you are more relaxed due to the release of certain neurotransmitters.

6. *Smiling can lower blood pressure*: smiling could have a beneficial impact on your blood pressure.

Laughter specifically appears to lower blood pressure, after causing an initial increase in heart rate and breathing.

7. *Smiling decrease pain*: studies have shown that smiling releases endorphins, other natural pain relievers, and serotonin.

Together, these brain chemicals make us feel great, from, head to toe.



Not only do they improve your mood, but they also relax your body and reduce physical pain. Smiling is natural medicine.

8. *Smiling makes you attractive:* we are naturally drawn, to smiling people.

While harsher or negative, facial expressions like frowns and grimaces work in the opposite direction, effectively repelling people, smiling is seen as more attractive, and people may even assume you have more positive personality traits, if you smile.

Not only smiling can make you more attractive, not only it can also make you look younger.

The muscles we use to smile also lift the face making a person look younger.

So instead of opting for a facelift, try smiling throughout the day, you'll look younger and feel better.

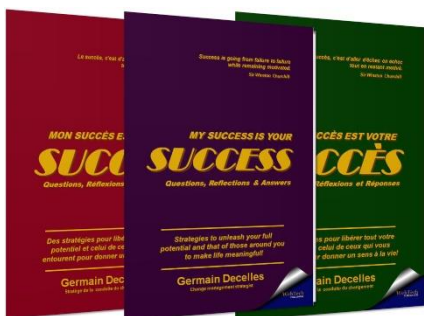
9. *A smile suggests success:* research has shown that people who smile regularly appear more confident are more likely to be promoted, and more likely to be approached.

Try to smile at meetings and business appointments. You might find that people react differently to you.

Remember that smiling can influence your feelings of positivity, even if it seems unnatural or forced.

Whether your smile is genuine or not, it always sends the message that life is beautiful to your brain and, ultimately, to the rest of your body!

There are far more details to assimilate and cannot be expended in a simple article. I suggest that you explore chapter 10 of the book « My success is your success. »



This 404-page book, available in French and English, is the fruit of forty years of experience acquired with local and international organizations and companies and during consultancy, change management, transition, and marketing services. For more information and to consult the flipbook, go to: www.webtechpublishing.com.

About the Author

In addition to writing, Germain Decelles acts as Change Management Strategist. He has over 40 years of business and consultation experience with local and international markets, including sectors such as retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.



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