



The Power of a Smile

Burnaby Neighbourhood House

Monday Group Chat



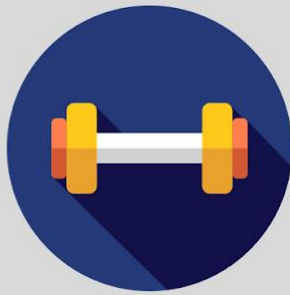
What happens when you smile?

1. Your body gets better at decreasing your stress level!

5 Stress-Management Strategies



Take a Break



Exercise



Smile and Laugh



Get Social Support



Meditate



"You need strong medicine to relieve your stress. I'm prescribing a puppy."

2. Your body relaxes.

**Good feelings come from
4 special brain chemicals**

dopamine



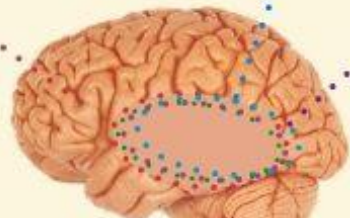
serotonin



endorphin



oxytocin



- Feel-good neurotransmitters are released in your body.
- This can even lower your heart rate and blood pressure!

3. Your physical pains decrease!

- Endorphines (which are released by smiling) are all natural, organic pain-relievers, with none of the negative side effects of pain relief drugs!



4. You mood improves!



5. People treat you better!

- Because **seeing your smile** activates part of their brain that is telling them that they are being **rewarded!**



6. You look more attractive!

- A study in 2011, at the Face Research Lab in Scotland, showed that both men and women would be rated as more attractive if they were making eye-contact and smiling!
- Case in point ----->



7. Others can't help but smile back!

- Apparently the part of the brain responsible for mimicking another person's smile is an automatic response area.
- So when someone sees your smile, their brain automatically wants them to smile back!



In conclusion, each time you smile at someone...



...their brain coaxes them to return the favor. You are creating a symbiotic relationship that allows both of you to:

- **Release feel-good chemicals in your brain,**
- **Activate reward centers,**
- **Make you both more attractive,**
- **And increase the chances of you both living longer, healthier lives.**

What is your smile story?



Source

- <https://www.psychologytoday.com/ca/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>