

Psychology



Your Smile

Smiling boosts your immune system, releases endorphins, improves your mood, acts as a natural pain killer, lowers your blood pressure, relieves your stress levels and makes you more attractive.

According to [The British Dental Health Foundation](#), a smile gives the same level of stimulation as eating 2,000 bars of chocolate.

The results were found after researchers measured brain and heart activity in volunteers as they were shown pictures of smiling people and given money and chocolate.

An honest, healthy smile

has been shown to increase self confidence, improve social life more easily and also enjoy a more successful career.

According a study carried out in 2002, people who smile more often have a more positive effect on their environment, and are better received by others (Abel, MH, Hester, R. The therapeutic effects of smiling). Feeling that you 'fit in' with your surroundings may be essential to physical and emotional well-being.

People who feel strongly connected in their society have nearly twice as much good health compared to those that have a weak sense of community belonging (The Canadian Statistics Office)

Topic of the Month

With regards to career success, studies have also found for instance that restaurant workers who serve customers with a smile are observed to receive larger tips (Tidd & Lockard, 1978) and repeat business (Tsai, 2001).

Smiling can even affect the way one person is received by another over the phone.

Amy Drahota conducted a study by examining how smiling affects the way people speak and are heard. From her research, she concluded that "When we listen to people speaking, we may be picking up on all sorts of cues, even unconsciously, which help us to interpret the speaker.



According to another study published in the November 2004 issue of

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the Archives of General Psychiatry, elderly optimistic people, those who expected good things to happen (rather than bad things), were less likely to die than pessimists.

In fact, among the 65- to 85-year-old study

participants, those who were most optimistic were 55 percent less likely to die from all causes than the most pessimistic people.

What is more, after researchers adjusted the results for age, smoking status, alcohol consumption, physical activity and other measures of health, the optimists were 71 percent less likely to die than the pessimists.

Smiling is contagious. A smile is welcoming and makes people feel more

at ease. As the saying goes: **'Smile and the world smiles with you'**.

If you are having trouble smiling here are a few suggestions: go on 'You Tube' and watch a baby cracking up laughing :) or sink into a warm bubble bath; or even better go bake chocolate chip cookies and enjoy the smell.

Now make your own list...

For questions or suggestions email
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