

Scientific Reasons to SMILE by Helen Macdonald

Experts in the medical field are now telling us that smiling is actually good for our immune system. Smiling for as little as 8 minutes a day (only 0.5% of the time!) raises the level of a number of the chemicals which protect our systems from germ attack.

The good news is that researchers tell us that your brain can't tell the difference between a forced smile and a real one - it assumes that the muscle movement is voluntary and starts to release happy hormones anyway. They make you feel warm and tingly and happy, which makes you smile more, which triggers the release of more happiness hormones, etc, etc. This can become addictive! The good news is that you can get a fix of them anytime, and lo and behold, the happy hormones will start making you feel happier too!!

So, as you travel around your world, make an effort to smile. Smile at dogs and children, at the neighbours, at your family and friends, at your reflection in the mirror, at total strangers - you'll be surprised and delighted at some of the reactions! When they smile back, enjoy the happy feeling it gives you!!

***A smile costs nothing and gives much.
- Anonymous***

Another advantage to smiling more is the sheer efficiency of it! It uses less muscular effort than frowning - it takes 26 muscles to smile and 62 muscles to frown.....so it's a more effective use of your energy. Besides, I'd much rather develop smile lines around my eyes and mouth, than dig a deep frown crevasse in my forehead.

So find reasons to **SMILE**. Read the comics in the paper; read happy stories in magazines. You'll discover that you are developing the habit of smiling almost unconsciously - and it's good for your health!

Helen Macdonald, the Corporate Optimist, specializes in Staff Retention, helping her clients get maximum results from happy, productive employees. As a speaker, author and master facilitator, she has worked with companies large and small throughout the Asia Pacific region. This is an extract from her first book, "SM.I.L.E. your way to Success!". Her message is that optimism is a magnet which will help you attract more of what you want - more customers, profit and success - in your business and your life! For more information, call 03 9533 4568 or visit www.helenmacdonald.com.