

WHY SMILING WORKS

AT HOME AND AT WORK



We're born beaming! Recent studies have discovered that we smile while we're in the womb.



A smile will **activate the release of neuropeptides**: tiny molecules that allow neurons to communicate and **fight off stress**.



1 smile

=



2,000 bars



= US\$22,625

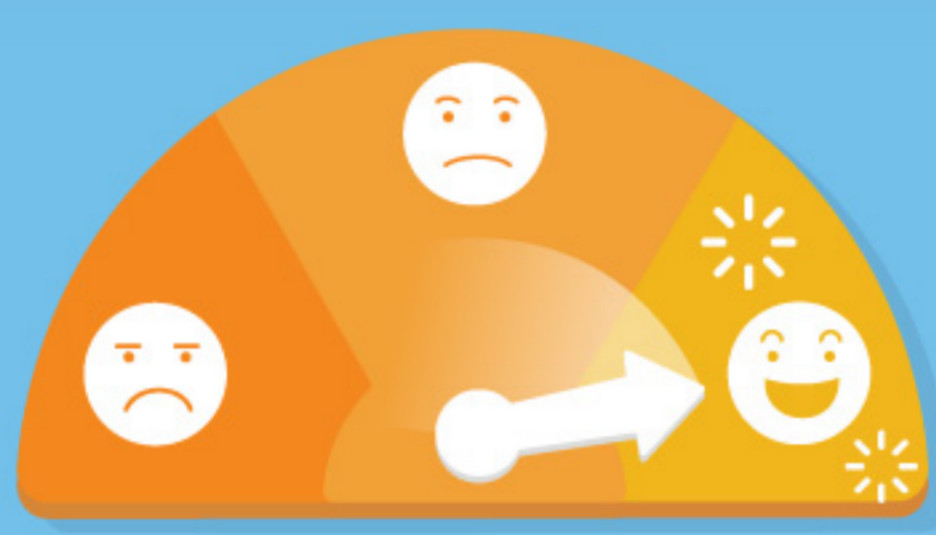
A single smile can generate the same level of brain stimulation as ingesting up to **2,000 bars of chocolate** or receiving **\$22,625** in cash.

Smiling can **lengthen our lives** by **seven years**, that's 83.9999 months, **365 weeks**, **2,555 days** or **61,320 hours** of extra time, just for planting a grin on that mug!

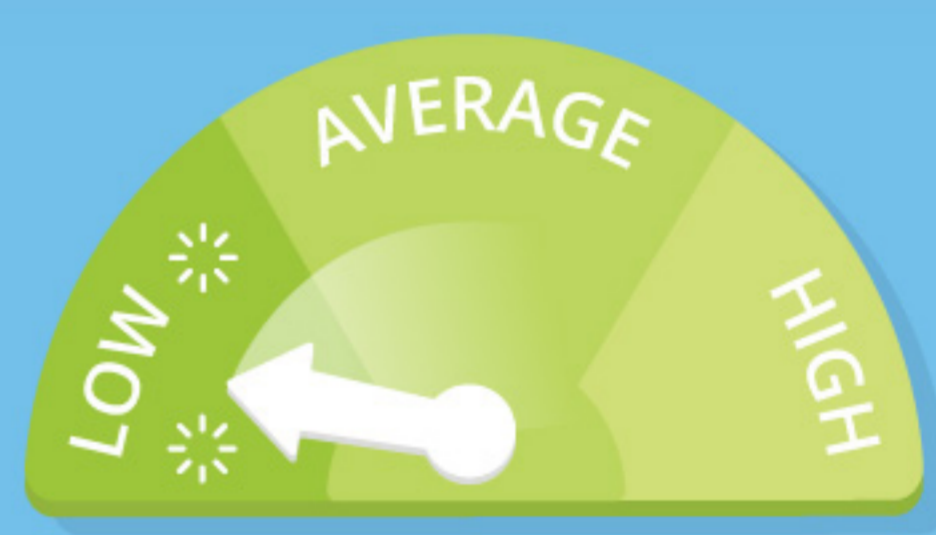


Current research indicates that **smiling is contagious** and can make us **appear more attractive to others**.

Your body uses **34 muscles to frown** and **17 muscles to smile** - cut your body some slack and post a smile on your face!



Smiling **lifts our mood** as well as the moods of **those around us**.



Smiling can also **lower the risk of cancer**.

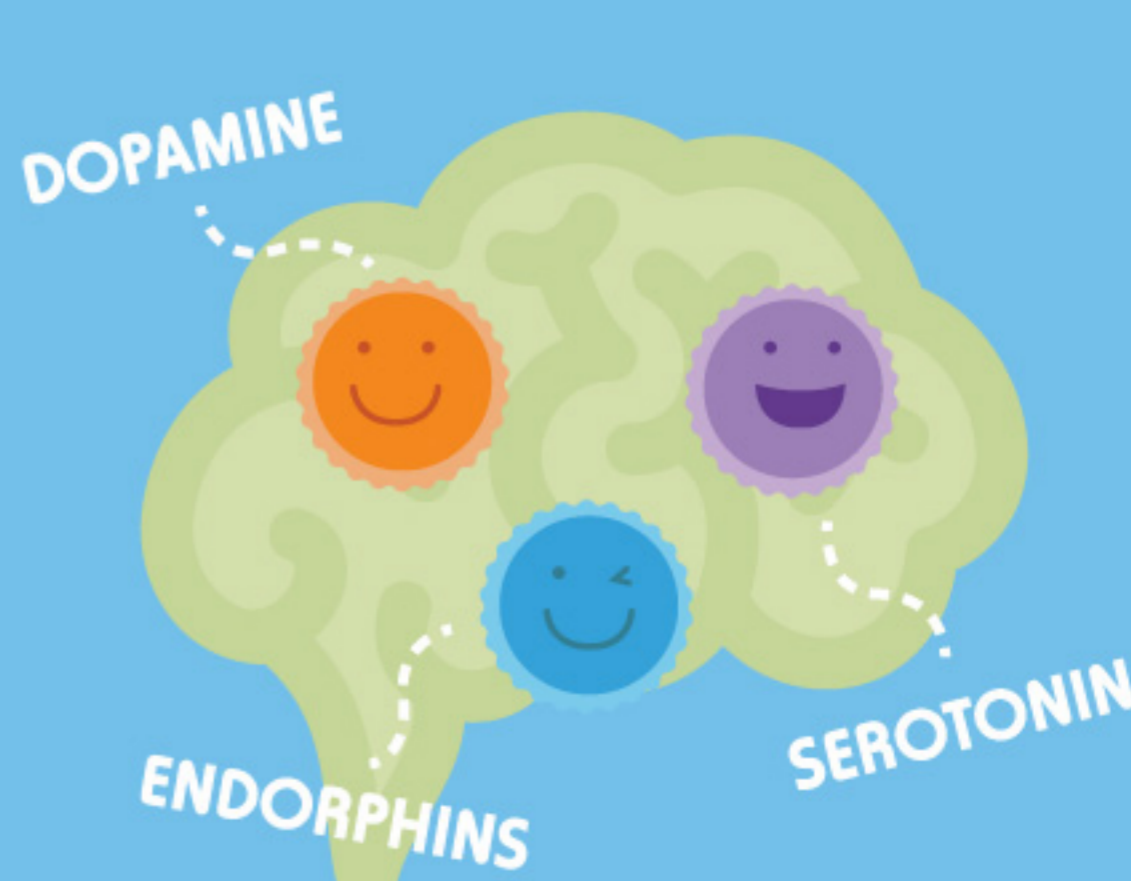
PROMOTION

Smiles make a person seem more **attractive, sociable** and **confident**, and people who smile more are more likely to **get a promotion**.

This happy-chemical release not only relaxes you, but can **lower your heart rate and blood pressure** as well.



The average adult smiles only **20 times a day**, while an infant or toddler smiles up to **400 times a day**.



The feel-good neurotransmitters of **dopamine, serotonin** and **endorphins** are all released when you smile!

There are over **19 different kinds of smiles**, categorized into polite social smiles and genuine smiles.

