

Expect smiling to be difficult in some situations: Smiling on demand can be difficult, whether it's for a photo or for the sake of keeping mom happy when the relatives you can't stand visit. This is because you are feeling self-conscious or you lack a genuine reason for smiling. In these sorts of cases, smiling needs to come from your memory of good smiles along with a little self-kidding or jokes in the head.

For a photo, smile 20 percent more than you think you should.

Smile wide and show the top row of teeth.

Remember: There is no scientific study saying how many muscles it takes to smile over frowning. It's probably just better to accept that smiling is worthwhile because the longer term benefits are worth the effort!

*(excerpted from: www.wikihow.com)

THE SMILE OF A CHILD

Anonymous

The sunshine of your precious smiles
could melt the coldest heart.
They brighten up my dreary days
when we are far apart.

Those little arms that hug my neck will
soon be big and strong;
You both are growing up so quickly
it won't be very long.

I'll take your hugs and kisses now,
along with those great big smiles.
May Jesus always bless you
as you travel along life's miles!

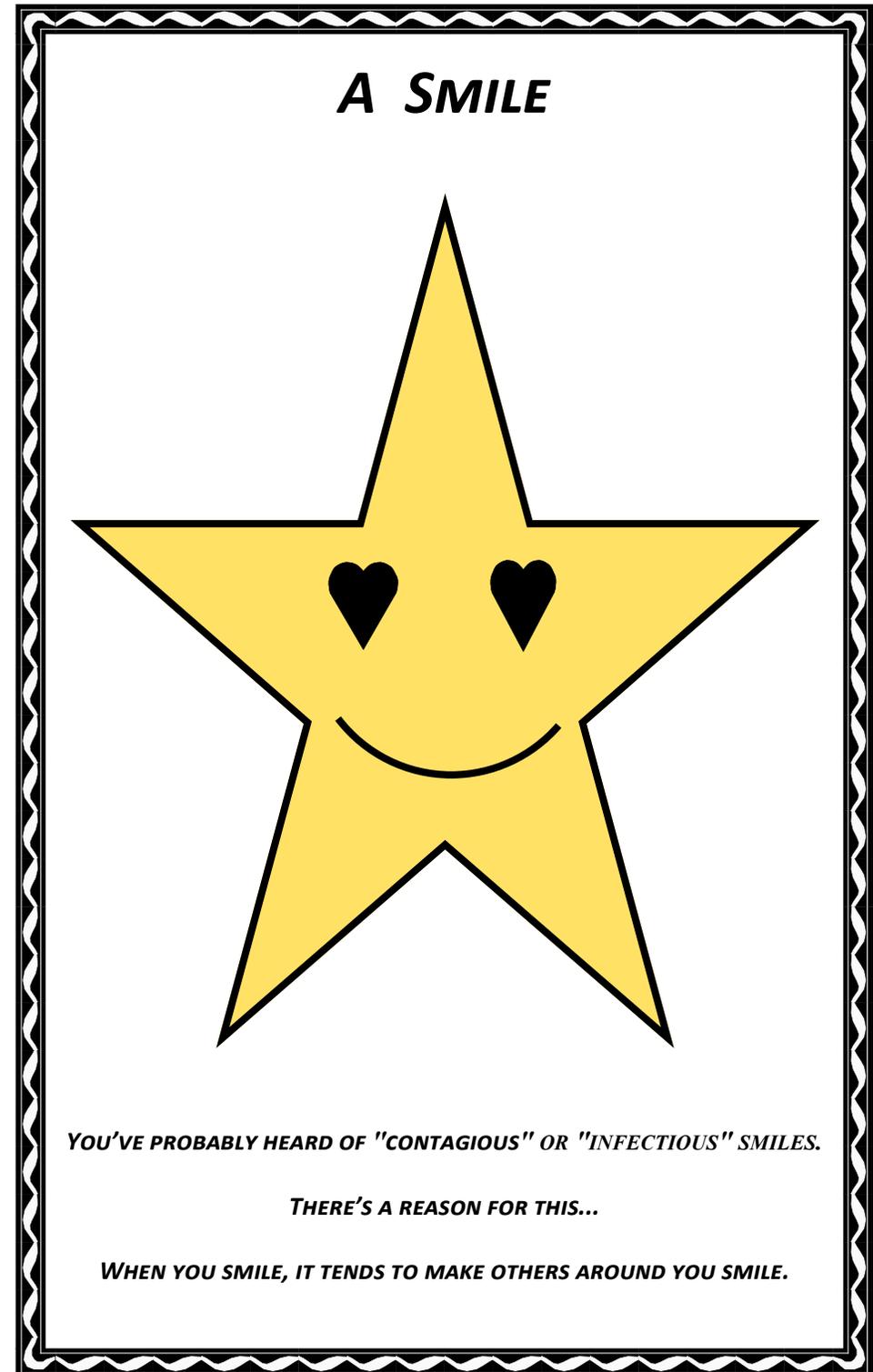
Dedicated to my smiley friends Anna and Brigid...

Lot's of love from Grammy Pino !

Thank You both for being You!



PLEASE VISIT OUR WEBSITE: www.pamphletstoinspire.com



A SMILE

YOU'VE PROBABLY HEARD OF "CONTAGIOUS" OR "INFECTIOUS" SMILES.

THERE'S A REASON FOR THIS...

WHEN YOU SMILE, IT TENDS TO MAKE OTHERS AROUND YOU SMILE.

A SMILE

**Frown and you frown alone, but smile and the whole world smiles with you. Smiling is an incredibly important part of our lives.*

Enjoy the many benefits of a smile: In order to want to smile, it really helps to know what benefits a smile can bring to your day. The following benefits are bound to make you lean towards sharing a smile with others most of the day:

Smiles make things right again and say much more than words can. If you've said something less than complimentary, feel lost or alone, or feel down, a smile can set things right again. A smile lets other people know that you're prepared to be open to them, and that you're willingly agreeing to set things right where needed.

Smiles create trust and rapport. A smile is a great way of establishing mutual feelings of being on the same level as others, whether that is one-to-one or in front of a group giving a presentation. A smile says "I'm OK, you're OK, and we're all going to enjoy one another's company".

Smiles make you feel good. Even if you're a little blue, insert happy thoughts into your mind and just add that smile. The smile will trick your mind into feeling better, as endorphins are released to reduce physical or emotional stress.

Smiles make other people feel good. An open-mouthed smile is visible from further away than a frown, offering people reassurance that you're friendly. And it makes people feel better to see a smile, from afar or close up.

Wrinkles are better when they're smile lines rather than frown lines. Mark Twain said: "Wrinkles should merely indicate where smiles have been"; viewed this way, smiles are an indication of your overall character, which becomes more and more outwardly telling as you age!

Smiling is a good long-term predictor of happier life outcomes. Smiling attracts health, happiness, friends, success, and a longer life.

Become comfortable with smiling: If you are not used to smiling regularly, overcoming your nervousness or cynicism about smiling can take a little practice but like any habit, it's easy to reform with time. Some things to keep in mind include:

A smile always looks good. Trust that your smile makes you look great. A smile is professional. Smiling at work or during other professional occasions is not going to make you seem unprofessional. Quite the opposite, a smile will humanize you and make you appear more approachable. People will appreciate your recognition of their worth and of a job well done when you smile.

When at a place of worship, it is okay to look at the person beside or in front of, or behind you, and smile, while you're at it, you may also want to nod your head. After all these are the people you see week after week, let them see how a smile lights up your face. Show them that you're not an old grump.

Make your smile genuine: Think happy thoughts. The easiest way to a fantastic, genuine smile is to be happy. Think about someone you care about (perhaps the person standing in front of you as you smile), about something that you genuinely love to do, or think of a funny joke that you just find hilarious. Or think about the happiest moments in your life.

Love people and your life. It's much easier to produce friendly, easygoing, genuine smiles when you love what you do, when you love the people around you, and when you love humanity in general. Be grateful for all that you have and you'll find smiles come far more naturally.

Be playful. Intense times can make us too serious. See life as an adventure, be gentle on yourself and watch children at play. Being playful will bring a smile to your face much more easily.