

Smile.



**Smiling
can be a
powerful
healer.**

*--Thank you to
psychologist
Robert Zajonc
for this tip*

1. It is hard to be mad or sad when you have a smile on your face. Try it.
2. Smiling automatically uses muscles that lift the face up - you actually appear younger. It is life's natural "face lift."
3. Smiling at others will return the favor ten-fold. It is truly infectious – a smile catches on faster than the flu.