



Monday Matters

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Smile Away Your Cares

You don't always contemplate smiling. It seems to automatically happen when you see or think about something that pleases you.

Smiling actually activates something in your brain. Your left frontal cortex, an area of your brain, is stimulated when registering happiness.

Jennipher Walters, a *Health and Fitness* writer says there are 7 things to smile about:

1. Something can make you happy (even when you're not). When you smile your body pumps out all kinds of feel-good endorphins.
2. Smiling makes others happy. Research shows smiling is contagious.
3. Smiling makes you more attractive. People usually look their best - and happiest - when smiling.
4. That's why people are asked to smile for photos.
5. Smiling can help you de-stress. When you smile it signals your brain that you're happy. Your body will usually slow its breathing and heart rate.
6. Smiling can help you land a job. A study conducted showed that people who were smiling were perceived to be more likeable, conscientious and stable.

7. Smiling can lead to laughter. Numerous studies have been done on the health benefits of laughing, including how it acts like a mini workout that burns calories and works the abs. Laughter also helps blood flow, lowers blood sugar levels, reduces stress and improves sleep.
8. Smiling just feels good. Go ahead, smile now. Doesn't it feel natural and make you feel happy to be alive?



I Smile - Kirk Franklin

You may even read the word "smile" and feel better. According to research published in *Psychological Science*, simply reading certain words may also have the same effect. Just like seeing someone else smile makes you smile, reading emotion verbs, like smile, grin, frown, etc., can also activate specific facial muscles. So for the sake of health...smile.

What makes me happy...what makes me smile?

- Take a good look at God's wonders - they'll take your breath away. Psalm 66 (The Message)
- You are worthy, O Lord! Revelation 4
- God, my Shepherd! I don't need a thing. Psalm 23 (The Message)
- The everlasting God neither faints nor is weary...He gives power to the weak. Isaiah 40
- His compassions fail not. Lamentations 3
- You are the ones chosen by God. I Peter 2 (The Message)

God's promises to me, and to you, are endless. They make my life full, happy and complete. I am blessed! And I am smiling!

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