

# Smiles

POWERED BY SYSTEMS 24/7

## IT'S GOOD FOR YOU!

### SMILING

CAN HELP IN ACHIEVING  
AND MAINTAINING POSITIVE  
MENTAL HEALTH.



"Sometimes your joy  
is the source of your smile,  
but sometimes your smile  
can be the source of your joy"

Thich Nhat Hanh

**SMILING** releases all kinds of "feel good" neurotransmitters in your brain which means smiling is scientifically proven to make us happier.



### Smiling

helps our bodies produce Endorphins which are the body's natural pain relievers.

### SMILING IS IN FACT CONTAGIOUS!

There is an unconscious automatic response area in our brain that is activated if we see someone else smiling and happy. This means we are likely to want to return the expression.



**SMILING IS AN  
ATTRACTIVE  
EXPRESSION**

Smiling portrays a sense of confidence and friendliness making interaction with other people easier and more enjoyable.

Positive relationships lead to a positive well-being



**Bottom line, smile all the time!** Not only will you feel better, but you will have more confidence which will contribute to positive mental health and a better sense of well-being!