

# Smile and Feel Better

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We have all heard the phrase, “A smile is the most inexpensive way to improve your looks.” But, a smile is also one of the cheapest ways to make your self feel better. A smile cost nothing, and it creates happiness for the bearer and those around them. It is also contagious. Smile and just watch as people begin to smile back at you. Another demonstration of this can be seen by the following example. Draw a picture of a smiley face and stare at it for ten to twenty seconds and just see what happens. It is almost impossible to look at it and not smile yourself. Life is far to short and precious not to appreciate every moment we have. So make yourself and the ones you love feel better, just start with a smile.



## Stay Healthy

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