

February 1, 2022



**“Be the reason someone smiles today.”**

A smile is a funny thing because it wrinkles up our faces, but when it is gone, no one can find its hiding place.

Smiling comes **naturally** for some people, but for others, it is a conscious, **intentional choice**. Whether our smile is **genuine** or **not**, it can act on our body and mind in a variety of **positive** ways, offering benefits for our **health**, our **mood**, and even the **moods of people around us**. Think of all the people who **smiled today just because you smiled at them!** Is this not one way of **gifting** people?

Genuine, intense **smiling** is associated with **longer life**. I wonder if the opposite is true, if you **don't** want to live longer, **stop smiling?**

Smiling, even if we **fake it**, can reduce **stress**. The next time you are stressed, take the time to put on a smile and see if it works. Regardless, others will benefit from it.

Smiling not only makes us look more attractive, but it **can** also make us look more **youthful**. Why? Because the **muscles** we use to smile also **lift** the face, making us **appear younger**. So instead of opting for a **facelift**, just try smiling your way through the day—you'll look younger *and* feel better.

It has been said, **“that a smile has the power to light up a room”**? Have you ever witnessed this? I have. Two people come to mind. When they **entered** a room, if you looked around, you would see faces light up with smiles. Has this ever happened to you? Maybe at a birthday celebration, anniversary, or a surprise party!

Life is **not** easy, especially with this pandemic, but there are still many things we have to be grateful for. So, think of the good things you are experiencing in your life, and **smile in gratitude** to God for these blessings.

Try this test: **Smile**. Now try to think of something **negative** without losing the smile.

Be the reason someone smiles today!