6 SURPRISING HEALTH BENEFITS OF Smiling

By Dr. Cara McCallum

June is National Smile Month! Hopefully, these benefits will help bring a smile to your face.

Research shows that an average child smiles over 400 times a day! An average adult may only smile 20 times per day.

So, why is this important? Smiling can not only boost your mood and the mood of those around you, but it can also help your body to release cortisol and endorphins which can:

1. Reduce blood pressure
2. Increase endurance
3. Reduce pain
4. Reduce stress
5. Strengthen your immune system
6. Help you make friends!

Studies have shown that people who smile more appear more likable, courteous, and competent. Happy, smiley people tend to be more productive and efficient at work and make more money as compared to their less happy, frowning peers.

So, if you want to increase your daily smile average this month to take advantage of these benefits, all you need to do is start your day with a smile! Smiling is contagious, and when you smile, neurons in your brain are activated and fire a synchronizing feature. You will notice that one smile will lead to another – not just for you, but for those around you as well!

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