

# Smiling Your Way to a Happier Life



Smiling regularly can make a world of difference in your personal and work life.

## Benefits of Smiling



Smiling releases neuropeptides that **help fight off stress.**

Source: Psychology Today

We smile when we're happy, and happy people are **more productive.**

Source: University of Oxford



Genuine smiling has been linked to a **longer life span.**

Source: Sage Journals

Smiling and laughter **improve your immune system.**

Source: Mayo Clinic



Forming a smile can **influence our perception of emotions.**

Source: Experimental Psychology

## Simple Smile Inducers to Enhance Your Daily Life



Watch an episode of your favorite comedy show.



**Toothy Tip:** Invite a friend to watch with you so you can laugh together.

Keep funny pictures by your desk or around your house.



**Toothy Tip:** Keep a smaller version in your wallet for a smile when you make a purchase.



Read a funny joke or share one with someone else.



**Toothy Tip:** Sign up for newsletters that send daily jokes to your inbox.

Take time to do a hobby without distractions.



**Toothy Tip:** Start or join a club with others who enjoy the same hobbies.



Give yourself a five-minute confidence-boosting pep talk.



**Toothy Tip:** Keep a positive and inspirational quote on your mirror during your pep talk.

## Filling in the Gaps for Greater Confidence

Poor oral health can prevent adults from showing positive emotions, which can poorly impact self-image.

Source: Journal of Periodontology

Adults 20-65



Adults between 20 and 64 have an average of **three decayed** or missing teeth.

Adults 65+



Adults 65 and older have an average of **nine decayed** or missing teeth.

Source: NIDCR

Afraid to show off your smile? Use the tips below to develop your confidence and joy without showing your toothy (or toothless) grin.



Make eye contact



Consider fake teeth



Set goals regularly



Exercise daily



Stand up straight



Face your fears



Make confident friends



Eat healthy foods