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Your brain processes your emotions, and when you're happy it sends a message to your mouth to form a smile. But what you might not know is that it actually works the other way too. Consciously making your mouth form a smile transmits signals to your brain that you're feeling happy.

Five hidden powers behind your smile - Urban-Dental

urban-dental.co.uk : five-hidden-powers-behind-your-smile

Your Body Releases Good Hormones These signal to your body that you're happy, and in turn, you feel happier. Author of Smile: The Astonishing Powers of a Simple Act Ron Gutman said, British researchers found that one smile can generate the same level of brain stimulation as up to 2,000 bars of chocolate.

Psychology to Grin About: The Benefits of Smiling and Laughter

online.uwa.edu : news : benefits-of-smiling-and-laughter

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