

# Things That Make You Smile

Did you know that smiling is one of the simplest ways to raise the serotonin and endorphin levels in your brain? Studies tell us that a simple smile can lower your blood pressure, reduce stress, and make you more attractive to others. So give it a try. Describe or draw four things that make you smile. Then refer to this worksheet several times throughout the day and take a few minutes to visualize the things that make you smile.

