



It is said that you're never fully dressed without a smile, and it has been proven that smiling is actually good for your health.

Breaking into a grin can reduce stress levels, boost the immune system, and maybe even lengthen your life.

A smile often expresses a feeling, encouragement to someone, or a serves as a greeting.

Smiling should be celebrated, an when better than on **WORLD SMILE DAY!**

Celebrated annually on the first Friday in October, World Smile Day devotes a day to smiles and encourages people of all ages, cultures, and backgrounds to participate by spreading random acts of kindness.

The story of World Smile Day begins with a simple, yet powerful image-the yellow smiley face. This iconic symbol was created in 1963 by Harvey Ball, a graphic artist and ad man, from Worcester, MA as a way to spread cheer and positivity.

It's every artists' dream for their work to be respected and recreated and few symbols have had quite the legacy that Harvey's creation has had.

Over time the smiley face became a global symbol, appearing on everything from T-shirts to posters. And has appeared in movies such as "Forest Gump" and used as a motif in the graphic novel, "Watchmen".

Through the years, Ball became concerned his image was becoming too commercialized and it's original meaning lost. These little yellow faces are more than just a symbol, they're a statement about the power of smiling.

However, Ball never copyrighted the design.

In 1999, to bring back the original meaning of his smiley face, Ball declared the first Friday in October annually would be dedicated to smiles. He called it **World Smile Day**.

Smiling is often described as contagious, and this is true.

If someone smiles at you, you're bound to smile back.

7 Benefits of Smiling

- Improves mood
- Lowers blood pressure
- Relieves stress
- Betters relationships
- Boosts the immune system
- Relieves pain
- Increases life expectancy

Who wouldn't want all those benefits?

All it takes is smiling

Interesting Facts About Smiling

1. When you smile, neurotransmitters called endorphins are released that cause feelings of pleasure.
2. Why yellow? Yellow is used as a color of the smiley face because it's a symbol of cheerfulness.
3. In 1999, 470 versions of the smiley was created for internet emoticons.
4. It takes 47 muscles to frown, but only a mere 13 to smile!

Celebrating **World Smile Day** doesn't require much effort, but it can have a significant impact!

So go ahead-Friday, October 4th make the world a better place-

I encourage you to make at least one person smile!

"We shall never know
all the good that a
simple smile can do"
-Mother Teresa