

SidePATH: Smile

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Even if you don't feel happy, you can fake it. Pretend to be happy. Who says that if you're feeling down, you can't smile? We fake a smile often enough when trying to be polite, why not now?

Try it. A smile, even a put-on smile, is contagious. Not only will it make others happy when they return your smile, but, as studies have shown, smiling relieves tension and really does make your outlook on life a lot brighter (cf. Rabbi Nachman's Wisdom #43).