

SidePATH: Smile

written by Chaim Kramer
June 7, 2012



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).