

## A Smile Is The Mantra For Life

Thich Nhat Hanh wisely said, “Sometimes your joy is the source of your smile but your smile can be the source of your joy”.

Cutting across every possible ethnic, racial and linguistic barrier, a smile conveys more than the gesture used to portray happiness, self- contentment pleasure and inner peace. The wonders these simplistic flex of facial muscles can do are myriad. The moment you take a moment off your chockablock exasperating schedule and plaster a smile on your face, you’ll realize the tension within you easing. Smiling releases endorphins within the body also known as happy hormones that elevate your mood and give you the zing to take on every grace and gusto.

A smile is positively every individual’s most attractive feature. A genuine smile lights up the eyes and oozes out warmth and affection making an individual seem more likeable and approachable.

Research has revealed that a smile apart from bridging cultural barricades also does marvels for biological mechanisms of the human body. The release of stress busting hormones in the process of smiling leads to lowering blood pressure and anxiety. And it is only poetic justice to say that there isn’t a facet of human life that is more contagious than a simple smile. The moment you smile at someone, you have begun a chain reaction of people smiling at each other connecting and communicating at a level that doesn’t require words. The simple act of smiling at someone could indeed induce a dejected heart with a sense of solidarity.

And who needs cosmetic procedures where an effortless smile can make you beautiful? A hot cup of tea or coffee after a tiring day, a child’s laughter, fresh fruits and vegetables at a market, a pleasant breeze on a hot day and many more can make you smile.

A smile is indeed a mantra for life where a curved line can set everything straight!!

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