THE GREATEST STRESS RELIEVER

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It is one of the most contagious thing in the world. One of the few contagious things that is not negative nor unlikeable. A smile. A person learns to smile between 8 and 12 weeks from the time of birth. It is believed that it takes more than just one muscle to flash a smile. But it takes only one person to spread happiness and positivity through everyone. It is the simplest thing one can do in various situation but can get a person really far. Who knows that by simply flexing some muscles would affect such a crowd? How does a simple smile can brighten up a day? As a matter of fact, smiling will not only get life easy and smooth for one but also to those people whom the smile was flashed as well.

Educators that often smile has the best crowd. Because through smiling, waves of good vibes are channeled to the audience. In the early years of academic life, students are usually intimidated by the teacher. It makes the child uncomfortable and tensed. It often leaves a powerful impression to the kid that would be likely carried up to late teenage years.

There is a great number of benefits a smile can give. One is that it makes a person attractive. What is pleasing to the eye is also pleasing to the soul. Let the children feel the divinity that we have inside. It can also make awkward situations easy. Did something embarrassing? Smile your way through it. Have a good laugh sometimes as well! Smiling lets people age gracefully. Being in a profession that requires an active mind and body almost every day, it keeps one’s emotion and physique healthy. It helps lessen the stress for everyone. As a speaker, building social networks and connection is a necessity. The audience are not always the same. Some may be socially awkward, some may be socially
proficient. And what is the best way to create a connection? SMILE! One thing is for sure, the audience are more likely to listen and learn more from a joyful speaker rather than a grumpy and intimidating looking one.

In times of unavoidable breakdowns or sadness, always remember to flash a smile. It will boost the mood and the vibes way up. Fake it until you make it. Whenever you see a person struggling, lend a hand and flash your best and greatest smile. Share the positivity whenever it is convenient and be remembered as a happy person.

References: