

at  
titu  
de

# Are you smiling yet?

## Offer yourself and those around you a smile

- Offer yourself an inner smile several times a day by lifting the corners of your mouth ever so slightly and relaxing between your eyebrows. If you find it difficult, place a pen between your teeth.
- Offer other human beings a smile whenever and wherever you can, you will see that in most cases, the smile will be returned.
- Use your imagination to travel to a place where you feel content, happy and secure. Spend a few minutes with your eyes closed and your attention focused on this beautiful place.
- Formulate a positive affirmation that only applies to you. "I am courageous", "I am calm", and repeat it to yourself over and over again. This sentence can accompany you for a long time until you no longer need it, then choose a new sentence.