

Acting like a Happy Person: Activity No.13

Simply acting like a happy person works. Remarkably pretending to be happy- smiling, engaged, mimicking energy and enthusiasm not only can earn you some of the benefits of happiness (returned smiles, strengthened friendships, success at work and school) but it can actually make you happier.

Facial Feedback: “The free expression by outward signs of an emotion intensifies it”. Darwin was the first to consider this point, since then it has been well researched and proven to be so. In other words show the physical manifestation of happiness (or fear or disgust), and you will come to feel it – at least in the mild form. According to this notion, your face (and body and voice) sends signals (feedback) to your brain, informing it that you are experiencing a specific emotion, and leading you to feel it.

Permanent Smiles of Frowns: Facial feedback in terms of research on permanent facial expressions such as frowns or smile lines have shown fascinating results. A very old happy person tends to have smile lines such that their face is locked into a smile. The same is true for those who have been angry or sad. This is a scientifically validated fact. Surgery to remove frown lines has actually been shown to increase happiness. Possibly due to the reaction and expectation of those who are in contact with the person.

Social interactions and Coping: In the real world if you smile the world smiles with you. People respond to you more positively; they may initiate a conversation, engage with you, help you out or comfort you, or become your new best friend or the future parent of your child. The smiles of infants have been shown to procure love and attachment. Mothers who express positive emotions have infants who begin to express positive emotions as well. Even or perhaps in the face of stressful events, smiling and laughter can help undo negative emotions, distract, and bring about feelings of peace, amusement, or even joy. Laughter has been shown to reduce stress hormones

So go for it. Smile, laugh, and stand tall, act lively, and give hugs. Act as if you were confident, optimistic, and outgoing. You'll manage adversity, rise to the occasion, create instant connections, make friends and influence people, and become a happier person.