

Smile-Ups Buddy Challenge

The idea is to have others join you in practicing **Smile-Ups** because it's a great tool to energize you for a great day or help you relax and feel better when you're feeling upset or stressed.

Simply stretch your cheek muscles as you smile a big smile, then relax your face and let the smile go. There's no need to frown, just relax your cheek muscles - if a giggle comes, welcome it!

Repeat the pair of motions 10 times. (smile, relax - smile, relax, etc)

Smiling sends endorphins to your brain which shifts your brain chemistry, sending cortisol, the stress hormone away, inviting serotonin and dopamine - the feel-good chemicals in, to make you feel better.

It's preferable to make eye contact, so try one of the following:

- Do this in a mirror and be silly with yourself
- Create a **Smile-Ups** Buddy on your fingers
- Use a Smile Buddy Finger Puppet
- Ask someone to join you and do Smile-Ups together.



As the silliness factor kicks in, it will likely lead to laughter, and the entire experience becomes contagious. I recommend you start your day with this simple exercise and then repeat it as often as you like or need throughout the day. When you share **Smile-Ups** with a friend, you'll be transforming their day as well as your own! Let me know how it makes you feel!



Check out this how-to and why-to video:
[Smile-Ups What, Why, & How](#)



TELL ME HOW IT WENT! Please send feedback to Sarah@LaughHealthy.com

Date: _____ Who did you ask to be your SMILE-Ups Buddy? _____

How did it feel to ask them? _____

Describe your experience. _____

What was their reaction? _____

Additional comments: _____

"Smiling is the gateway to laughter." - Sarah Routman

