

How can a face-lift help you out of the downward spiral?

Hi! This is Kyeli. We are going to talk about smiles, and how they can help you turn around and get out of the downward spiral, and get into the upward spiral!

So smirals... smirals, which is smiles and spirals, smooshed together.

Smiles {laughs} can really turn you around. If you are having a grumpy mood, then you have a grumpy face, like this {grumpy face, frowning}. Or maybe just like this {unhappy face, straight mouth}. Right?

So if you are having a happy mood, what do you do? You smile, and your smile goes from the corners of your mouth all the way up to your eyes, and even up into your eyebrows and your forehead, and it lifts you up!

Literally, it lifts your face, and it lifts your mood, and it takes you from this {unhappy face} to this {smiling}!

And here's the thing, you can force that mood change - and by force, I don't mean like *force*, I mean encourage. You can encourage that mood change by encouraging a smile.

So if you're like this {unhappy face} and you go like this {lifts corners of mouth slightly}. You see? The very beginning of a smile?

This is very hard to do on video, I have to tell you, because I just want to really smile!

But if you have this face, this straight {unhappy face} and you're feeling a little grumpy, and you can {raises corners of mouth} just a little bit.

And you can't fake it, you can't be like {sneery sort of smile}. That's not going to get you anywhere.

You have to encourage the corners of your mouth to start heading toward your eyes, which will lift up your forehead. And you can do this!

And so what happens is, your brain checks in with your face - or your muscles, work with me - and it goes, "Hey how we doing?" and if you're like this {unhappy face}, then your brain is going to check in and your face is going to be like, "grumpy."

But if you're like this {slightly smiley}, and your brain checks in, and it's going to be like, "Hey how we doing?" and your face is going to be like, "we're ok."

And if you can do it even a little bit more, then your brain is going to check in with your face and its going to be like, "Hey how we doing?" and your face is going to be like, "we're doing pretty good!" {thumbs up and smiling}.

And it will actually lift you out of a bad mood, I promise!

So, again, you can't fake it, you can't be like {fake toothy grin}, cause that's just creepy, and it won't help you.

But if you can encourage your face to feel a little bit better and to smile just a little bit, then it will in fact encourage your brain to help lift you out of a grumpy mood and bring yourself up out of the downward spiral. And into the upward spiral!

And then you can smile for reals {big smile}!

Try it!

xoxo