



October 6, 2010 – Grand Rapids, MI

## Smile

Every once in a while, someone e-mails me something that I just have to share. The passage you're about to read comes from a woman who enjoyed the messages from the week before last called **Positive People** and **Negative People**.

"Love these articles on positive and negative! I'm a naturally negative person, so I worked very hard about 12 years ago to change things. The first thing in the morning, instead of grousing in the mirror I repeated "Positive Only" for a good long time until I quit starting off the day in a snit. Refreshers are sometimes necessary. I also worked on my face—that big empty place where a smile should be. I would smile as hard as I could for several seconds (until my face hurt), and when I let it go, my face didn't totally relax, so I had a small grin in place. I did this several times a day, especially when I was mad at someone and didn't want them to see. I also worked hard on smiling at everyone (EVERYONE) I saw. Now I do all of these things mostly automatically—especially the smiling, even when I don't want to! Makes a huge difference in the way I see the world and it sees me. I feel better, and most people think I'm almost always happy. And I manage to feel better longer through the day as well."

Being Polish, I'm naturally negative so I can relate to what she has to say. The message is simple: you are in charge of you. You get to determine how you see the world and most important, how the world sees you. Smile. Practice smiling. Smile more often. That's something I think we could all do, and you'll be surprised how it will change your outlook. I didn't say it's easy, but it still comes down to one thing:

What are you prepared to do today?™

*Dr. Chet*

---

## **WGVU** FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC