

# 15 ways to keep smiles on your lips even when life is toughest

Have you ever felt life so difficult that nothing could make me happy again? Even to laugh is very difficult. If so, it is just a forced, forced smile that people often say 'tears flow back in' .

Life without a smile is like you are sinking to the bottom. Smiles have been shown to have many health benefits, help relieve stress, relax the mind, regain the spirit, inspire and create creativity. Smiles make people get closer, feel more confident in each other and live meaningfully. So why don't we open up to laugh louder every day, to embrace the laughter of everyone around us, to see a more wonderful life and "live more"?



Please "demand" what inherently belongs to you - that is the smile of a fresh, innocent - but the difficulties, impasse and negative thoughts that make it disappear from your life for a while long. The smile belongs to you and only you can protect it.

## 15 simple ways to help you smile

- 1. Listen to your favorite songs.** Right! The world will not collapse just because you spend some time humming along the music and no one has the right to ban you from relaxing.
- 2. Think of someone who has a good influence on your life.** Close your eyes and allow yourself to be filled with positive inspiration and energy.
- 3. Grateful!** Think about the reasons you feel grateful for them. Many things can be lost but surely you will still have many other things to appreciate.

**4. Feel the energy from the sun!** Have you ever noticed that when the weather is good, are you usually happier? So take advantage of this by feeling sad every time, look through the window, toward the sun and admire it!



**5. Call the people you love and tell them that you love them.** Anyone can call, as long as you love them honestly.

**6. Eliminate all great expectations into the world.** We always want everything to go according to plan, people behave the way we want and like that. Put these expectations aside and free yourself from the pressures.

**7. Eat Chocolate.** Are you tired of abstaining from eating something you feel great when you smell its scent? A lot of people often come to food when they are too deadlocked and the real time is fun again in less than 10 minutes.

**8. Do something crazy.** Do you always follow the rules? It's time to get out of the way and do something crazy - something that you don't usually do but from the bottom of your heart always want to do it once. Or at least plan to do that.

**9. Lock the door, turn on the music and dance as if there's no tomorrow.**

**10. Go to the park, go to the forest, go to the garden or close your eyes to remember the last time you went to those places.** Let nature embrace you, start feeling the peace of your heart . and smile!

**11. Run at full speed for about 10 minutes.** If you are not in good health, do not try this but apply some other exercise movements that you are comfortable with. Doing so will help release endorphins and you will feel better right away.



**12. Play with pets.** Do you see animals that are innocent? Spend time "confidently" with them and you will feel much more comfortable.

**13. Watch videos and comedy movies.** If you can't make yourself laugh then let others make you laugh.

**14. Wash your face or bath.** Let the cool water flow make your face and body wake up again. Certainly, stress will be greatly reduced. This is why self-care is so important! You can even plan a day of relaxation. Head over to a spa, or **make your teeth feel good with the dentist in ballwin mo.**

**15. Talk to your friends, do crazy things and laugh the way you like.** Don't worry, because there are only two of you in this cramped world.

The last thing is to smile from the heart, be really happy, don't try to smile so that when you are alone, all happiness will disappear. Learn to be independent of the situation, be strong even in the storm and be resilient even if there are any "threatening" difficulties that will defeat you.

A smile will help you be stronger than you think.

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