

Finding Your Inner Smile:

Finding Your Inner Smile goes along with Savoring. I actually came up with this when I was doing a training program and found that people had tremendous difficulty in this area. They had trouble going inside themselves and connecting with the experiences that make them smile. This is how you would experience Finding Your Inner Smile. You can do it any time or any place, except of course when you're operating heavy equipment or machinery or driving a car.



MS/SLP, CDP, CADDCT
CDCM, CMDCP

Exercise:

Begin by closing your eyes.

Think of something or someone you love or enjoy.

It can be anything; a favorite food, a favorite or new pair of shoes, an experience, an activity You love doing, a vacation spot, the first cup of coffee in the morning; whatever it is that you really enjoy. Try not to attach anything to it. As your eyes are closed, try and picture that thing. Go that feeling of pleasure associated with that thing until you find the feeling of happiness swelling up inside you. The warmth of happiness and good feelings with that thing radiates inside of you until you find yourself effortlessly breaking into a smile.

For those few moments, you're in a place you want to be, a place that brings you pleasure and happiness and therefore, you're not connected to the stressful situations you're experiencing. Open your eyes. See how long you can carry that feeling with you.

You can do this several times throughout a day. It only takes a few moments.

Savoring

Finding Your
Inner Smile

Mindful
Eating

Progressive
Relaxation

Acts of
Kindness