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relationship news & more

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In This Newsletter

Preventing Stress

The Many Benefits of Smiling

Discover a New Way to Love

Free Workshops

at Crazy Wisdom Bookstore
114 S Main, Ann Arbor

Early Attachment Experiences & Their Impact on Our Significant Adult Relationships

Sun, 4/13 - 2-4:30pm

Discover how your early attachment to your primary caregivers impacted you and your attachment style (preference) in your primary love relationship, in current or past significant relationships.

*Everyone welcome, whether
partnered or single.*

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Impact of Technology & Social Media on Our Lives & Relationships

Sun, 6/22 - 2-4:30pm

Digital technology, social media, Facebook, etc. are all blessings in many ways, but they can create special challenges for us and in personal relationships.

- Are we expecting more from technology & less from each other?

Smiling...

In each newsletter I provide some psycho-educational information (articles, links, quotes, etc.) as well as announcements of workshops and other things that I offer. I almost always include a link to a TED talk. TED stands for technology, entertainment, and design. The TED forum attracts many remarkable presenters who think "outside the box" and present their ideas and information in 18 minutes. Often the TED talk link is mentioned further down in my newsletter.

This time the link is right here in the opening page introducing SMILING as the theme of this newsletter.

The Hidden Power of Smiling - Ron Gutman

Pareidolia is the human tendency to see faces in things like the front of cars or clouds or the moon. When the dash-as-nose variety was introduced in 1982, it had to be explained. It wasn't naturally recognized as a smiley face. Our brains saw it more as language or punctuation. It was a symbol to be decoded. We now see it innately as a face. Our brain has built a new pattern of brain activity to decode it.

:-) The smiley is changing our brains.

The Many Benefits of Smiling

The smile appears to be a universal expression, signifying positive emotion in every culture where studies have been conducted. The smile is immediately recognizable and most people can distinguish between genuine and false smiles with a high degree of accuracy. Smiling and being smiled at affect people in a number of complex ways, including neurologically, physically, emotionally, and socially.

A genuine smile is known as 'Duchenne smile' which involves smiling with the mouth and crinkling around the corners of your eyes. A polite functional smile involves stretching the mouth, but doesn't use the eyes. Other studies indicate that even a polite smile may be beneficial.

- Genuine smiles increase positive feelings between individuals and are important in many social situations.
- Smiling is generally accepted as a signal that everything is alright.

- Are you or anyone you care about "facing" too much Facebook?
- Does your use of social media make you feel more known, understood, connected, & loved or more anxious, absorbed, and lonely?
- Do you ever feel overwhelmed by the plethora of texts, e-mails, IMs, etc.?

Learn about the negative impact it can have on kids, teens, adults, couples & families.

While FREE, please call 734.424.2797 or email carole777@aol.com to register.

Preventing Stress ...

When stressed, a number of things happen to your body. Your pulse rate shoots up, your digestive system shuts down, and your blood sugar levels increase. There are two things that happen that you have voluntary control over - your breathing becomes shallower and faster and facial expressions kick in. But here's an antidote:

Slowing down your breathing and changing your expression can help you intervene in the stress cascade.

Mindful Smiling ...

Smiling to yourself is like basking in self-love: you become your own best friend. Living with an inner smile is to live in harmony with yourself.

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

- Thich Nhat Hanh

- Being smiled at has a marked effect on an individual's mood as well as on the person smiling.
- When you smile at someone, they are more likely to smile back.
- Smiling releases a number of endorphins in the brain reducing stress and causing pleasant feelings.
- Frequent smiling may help reduce stress-related ailments like heart disease as well as boost the immune system.
- When people see a smile, mirror neurons fire in their brain and invoke a similar neural response as if they were smiling themselves.
- Smiling, even a fake smile, may actually be able to cause a happy feeling.
- Smiling releases endorphins, the body's natural pain killers.
- Smiling lowers your blood pressure.
- Smiling lowers stress by relaxing the body with a flow of oxygen to the muscles.
- Endorphins also make you feel more relaxed and enhance your mood.
- People who easily smile are thought to have more friends and be more successful by appearing more confident and approachable.
- Smiling can increase our ability to think better according to one recent study.
- In another study, it was found that people who smile live longer.
- When we smile, the pleasure center in our brain gets rewarded in the same way as when we eat chocolate.
- Studies have found that the intensity of a person's smile can help predict life satisfaction over time and even longevity



Discover a New Way to Love

A Weekend Workshop for Couples

May 16-18

Fri 7-10:30pm ~ Sat 8:30am-8pm ~ Sun 8:30am-6pm

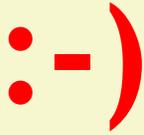
- **Confused about where the love went?**
- **Afraid to get help & afraid not to get help?**
- **Thinking it's all your partner's fault?**

This weekend will provide new tools and understanding that can help you co-create a closer, stronger coupleship.

This workshop is based on the best selling book, *Getting the Love You Want*, by Dr. Harville Hendrix, founder of Imago relationship therapy.

Registration and more information at:

Don't forget to



www.therapy4couples.com



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