



WOMEN'S HEALTH

Brighten Up & Smile

(NAPSA)—Can smiling make you more successful? Research shows smiling has both psychological and physiological effects and that people who smile frequently tend to have higher self-esteem than those who don't. High levels of self-worth and self-esteem have been correlated with health and success.

"The National Association for Self Esteem found one third of the U.S. suffers from low self-esteem," says Deborah Kern, author and president of wellness-consulting firm, Harmony-Mind/Body Health. "Low levels of self-esteem can harm friendships and relationships, cause people to make harsh judgments of themselves and others and even lead to poor health."

Kern is a thought leader and speaker for the National Speaking of Women's Health Foundation. The non-profit group's mission is to educate women to make informed decisions about their health, well-being and personal safety. Kern joined because she was inspired by the efforts the organization is making towards improving women's well-being.

Speaking of Women's Health, in conjunction with Crest, is focusing on "Brighten Up & Smile—Your Self Esteem Will Soar" in 2002. It involves a tour of events and support from the national sponsors P&G, Wal-Mart, Lifetime Television and Guidant.

Kern says successful people tend to be cheerful, optimistic and forward-thinking because they know what is meaningful to them. She says they are willing to ask themselves important questions such as "what is the meaning of **MY** life" and "how can I help others?"

"If you don't think you have anything to smile about," she says, "smile anyway. The connection between mind and body is so strong that simply smiling can prime the mind for feeling joy. The old adage 'fake it until you make it' actually works," she says.

"Self esteem is not something you have, it's something you are.



New studies show laughter may truly be one of the best medicines.

That's why it cannot be diminished or taken away, only hidden under layers of old-beliefs and self doubts," she adds.

Speaking of Women's Health, with the support of Kern, will educate women nationwide with some of the following tips to bring a smile to your face:

Simplify your life—It's hard to reclaim meaning and purpose in your life when your schedule is too chaotic.

Move your body—Women with low self-esteem usually dislike their bodies. It's important to find ways to move your body in order to release negativity and help you feel alive and vibrant.

Inspire to live fully—Find work, relationships, volunteer activities, and fun activities that inspire you to live your life fully. Remember, meaningful lives are the key to authentic self-esteem.

Learn how happy people live—Find someone who is the kind of person you aspire to be and learn from his or her examples.

Enjoy yourself!—Too often we get caught up in "doing" and forget to enjoy "being." Whether it's the enjoyment of accomplishing a goal or receiving a massage, make sure you allow yourself the gift of enjoying the moment.

For more information, visit the Web site at www.speakingofwomenshealth.com.