



A pleasant countenance is also one of the bounties of Allah Ta'ala. A simple way of removing ones grief and keeping happy is to smile at everyone. It is obvious that a woman is not permitted to smile at a strange man. In fact, smiling at strange men will only increase her grief. Put it to the test, smile at someone and automatically that person smiles back. The heart is almost delighted when a person with a happy countenance is seated near one. On the other hand everyone wishes to distance themselves from a person who is straight faced and grumpy. Smiling and cheerfulness is a very healthy form of exercise. It facilitates the digestion of the food. The happiness of the heart is as effective as good medication. If we want good for ourself, we will continue smiling. Together with a smiling face, let our eyes also smile. Be happy and make others happy as well.

According to a consultant of Columbia University smiling has the following benefits:

1. Makes us Attractive to others: There is an automatic attraction to people who smile. (It is impermissible to do anything to attract a non mahram)
2. Changes Moods: If you try, even when it's difficult, to smile when you are not feeling good, there is a chance it might improve your mood and change the way you are feeling.
3. Contagious: Others will want to be with you. You will be helping others feel good.
4. Relieves Stress: Stress does express itself right in our faces. When we smile, it can help us look better, less tired, less worn down.
5. Boosts Immune System: Smiling can actually stimulate your immune response by helping

you relax.

6. Lowers Blood Pressure: When you smile, there is evidence that your blood pressure can decrease.

7. Releases Endorphins and Serotonin: Research has reported that smiling realises endorphins, which are natural pain relievers, along with serotonin, which is also associated with feel good properties.