

# RITUAL.

We invite you to start smiling at yourself,  
every time you see yourself in the mirror.

No matter how you are feeling,  
just stretch the muscles of your mouth  
and smile for few seconds,  
just for you.

No expectations,  
no criticism for how you look when you smile.  
Just smile.

See your teeth.  
Do it for you.

Our mind affects our mood,  
but our body does too.

When we smile, our mind 'has' to relax and our breath relaxes.  
The parasympathetic system relaxes also when we smile.

A smile is a super effective way to take ourselves less seriously,  
in the moment & to come back to a state of joy.

Enjoy!