

Smiley Pancake Facts

Did you know...



1. A simple smile can boost our mood and create a sense of wellbeing, releasing happy hormones such as serotonin and dopamine.
2. Smiling induces more pleasure in the brain than eating chocolate! One smile can generate the same level of brain stimulation as up to 2,000 bars of chocolate!
3. Smiling is contagious, and passing on positivity can increase feelings of wellbeing, boost our self-esteem and confidence and improve social connectivity during times of disconnection in our environments.
4. Smiling can protect our overall health. It can reduce blood pressure and boost our immune system. Furthermore, laughter and positive thoughts release signalling molecules in our brain that can fight stress.



**Mental Health
Ireland**