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The psychology of a confident smile

How important is your smile? Ask anyone, and you would most likely hear that they would prefer a bright, white stunning smile over a yellow, discolored one. If your teeth are stained and worn down due to age or grinding, they won't have that healthy, youthful appearance they once had. This can affect confidence and takes its toll on other aspects of a person's life. A beautiful smile is pleasant to look at and enhances one's appearance. In fact, if you think about it, have you noticed that those who are happy and confident with their smile aren't afraid to show their teeth off, while those who are embarrassed and self-conscious of their smiles tend to hide them?

There are many psychological and emotional factors behind this tendency to show off a beautiful smile and hide an unpleasant looking one. Here are some of the main advantages a confident smile can add to your life.

Psychological benefits of

a beautiful smile: professional success. A smile may not seem to be related to one's professional ambitions. After all, if one puts in the hours and work, it would make sense that he or she becomes a more valuable employee who gets the attention of the boss. However, studies have shown that those who regularly smile at work are seen as more confident and charismatic. Because of these qualities, they are more likely to get promotions into more leadership roles. Similarly, those who smile and communicate during an interview are more likely to get a second interview or get hired than those who hide their smile.

If one is ambitious and dedicated to pursuing a career, the journey will be less stressful, frustrating, and discouraging with a beautiful smile one is proud to show off.

A happier and healthier life. With a beautiful smile, one is more likely to smile, laugh and communicate with others. This not only makes one more approachable, friendlier and more fun to be around, but it also improves one's attitude, mood and outlook. When one has a positive attitude, mood and outlook, they are less likely to experience as much stress and more likely to have more peace and be relaxed. Being more relaxed enables one to be able to think more clearly, gain a different perspective and make better decisions.

Improved peace of mind. An ugly smile often has an unpleasant cause such as tooth decay or gum disease of inadequate or improper oral hygiene. Having a constant fear that your teeth and gums are in poor health and that one perpetrated their condition



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

through a lack of care can cause one to feel ashamed and embarrassed. If there is pain or discomfort associated with a poor smile, one may be constantly worrying about the deteriorating condition of their teeth and gums. A beautiful smile on the other hand can spare people the shame and worry as they know that their great-looking mouth reflects a healthy mouth.

Emotional Benefits of a Attractive Smile



A beautiful smile also has emotional benefits as well including:

Higher self-esteem. When one has a beautiful smile, they are proud of it and will show it off. Conversely, if your smile isn't as great as you'd like, it can be easy for you to dwell on the flaws and hide your smile. Those who are not only content with how their smile looks but are proud of their unique smile will appear more confident, engaged, content and friendly. They are proud to smile and show the world their inner beauty and will be more likely to embrace and compliment the unique beauty of others.

Better relationships. It can be emotionally draining and discouraging to try to make friends or date people when you are self-conscious. If you've ever wondered what makes people avoid

Continued on page 19

COMMUNITY



Rochester Hills PUBLIC LIBRARY Programs and Events

“Hiking Michigan Trails” with author Celia Ryker

Rochester Hills Public Library welcomes author and hiker Celia Ryker



on April 4 at 7 p.m. for “Hiking Michigan Trails” in the library’s Multipurpose Room. Ryker will share stories about the trails she’s hiked throughout Michigan and will read excerpts from her book, *Walking Home: Trail Stories*.



This program is open to the public. Registration is required; visit calendar.rhpl.org or call 248-656-2900.

Mushroom Foraging and Safety with Lorenzo Lo Piccolo

Rochester Hills Public Library welcomes Lorenzo Lo Piccolo to discuss “Mushroom Foraging and Safety” on April 13 at 7 p.m. in the library’s Multipurpose Room. The presentation will cover mushroom anatomy, identification, and collection. Enter the wonderful world of edible (and non-edible) mushrooms. This event is open to RHPL cardholders. Registration is required; visit calendar.rhpl.org or call 248-656-2900.

The Rochester Hills Public Library is located at 500 Olde Towne Road in Rochester, and serves to provide lifelong learning opportunities, instill a love

of reading, and offer equal access to information to over 110,000 patrons. The library serves as a community town square where visitors enjoy innovative ways to learn and socialize through a variety of programs, including an annual summer reading challenge, parent-child workshops, and weekly lectures.

The library’s expansive and user-friendly database allows its cardholders to use eBooks, movies, and music downloads, language and genealogy services, tutor.com, and consumer reports at no cost. For more information about Rochester Hills Public Library’s unique offerings, visit rhpl.org.

Dr. Haddad *Continued from page 18*

you or not engage with you, maybe you should check the condition of your smile and the frequency that you smile. People are drawn to those who smile and laugh and appear easy-going, friendly, engaged, and funny. If one is embarrassed about their smile and doesn’t reveal it, he or she can come off as cold, unfriendly or boring.

The great news is that with the huge advances in cosmetic dentistry, anyone can have the smile of their dreams. Not only can your teeth be healthier, but they can be transformed into a youthful, gorgeous smile

that you can be proud of. The benefits of a rejuvenated smile can truly change a person’s life.

Jeffrey S. Haddad, DDS of Rochester Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies.

He lectures nationally on cosmetic dentistry, TMJ and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.

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