

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 and youthful appearance they once had. This can affect confidence and take a 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 smiles aren't afraid to show them 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. How-

ever, studies have shown that those who regularly smile at work are seen as more confident and charismatic, and they are more likely to get promotions into leadership roles. Similarly, those who smile and communicate during interviews are more likely to get second interviews or get hired than those who don't smile. If one is ambitious and dedicated to pursuing a career, the journey is less stressful, frustrating, and discouraging with a beautiful smile.

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 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. 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 or inadequate or improper oral hygiene. Having a constant fear that your teeth and gums are in poor health and that one perpetrated that condition through a lack of care can cause one to feel ashamed and embarrassed. If there is pain or discomfort associated with a poor smile, it may be due to the deteriorating condition of teeth and gums. A beautiful smile on the other hand can spare people shame and worry as they know that their mouth reflects healthy teeth.

Emotional Benefits of a Attractive Smile

A beautiful smile also has emotional benefits as well including higher



Dentally Speaking
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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 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 is emotionally draining and discouraging to try and make friends or date people when you are self-conscious. If you've ever wondered what makes people avoid you or not engage with you, maybe you should check the condition of your smile and the frequency with which you smile. People are drawn to those who smile and laugh and appear easy-going, friendly, engaged, and funny. If someone doesn't smile, it can come off as being cold, unfriendly, and 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.

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