

Before using Half Smile in the middle of intense emotions, it helps to practice when you're calm. The more natural it feels, the easier it'll be to access when you need it most.

- Find a quiet moment during your day.
- Sit comfortably, breathe naturally, and form a gentle Half Smile.
- Hold it for **about one minute** while focusing on your breath.
- Try to practice **five times a week**.

USING HALF SMILE IN EMOTIONAL SITUATIONS

Once you’ve gotten used to practicing, try using Half Smile when you’re experiencing emotional discomfort:

- Pause and notice where your body is holding tension.
- Take a slow breath and let a gentle Half Smile form.
- Relax your jaw, forehead, and facial muscles.
- Focus on breathing through the feeling instead of fighting it.
- Hold the Half Smile for **30–60 seconds** and observe what happens.

Tip: Start with mild situations first, like getting stuck in traffic or receiving a frustrating email. It’s easier to learn when emotions aren’t overwhelming.

REFLECTION

After practicing or applying Half Smile, jot down what you notice:

Physical changes I felt:

Did my emotional intensity shift? ☐ Yes ☐ No

If yes, by how much? _____

Was I able to pause my usual reaction? ☐ Yes ☐ No

Something I’d like to try differently next time:

