



Litterature

Title: My Contagious disease:

My Contagious disease, I pass upon you
You catch a glimpse and it has spread
That warm jittery feeling, has fed

A smile can be spread despite Covid poison
It serves as an antidote
A smile triggers a dopamine and serotonin explosion

Mirror neurons in the brain
Can detect a positive mojo
Sending signals to deliver a smile stain

A smile like the light in the dark
When things get rough
Even forced grins can start a spark

A smile doesn't discriminate
You can receive it despite who you are
Like dominoes, we can't help but imitate

I will change the world by smiling
And spreading happiness
Subconsciously providing

A push through the world's thick negativity
Because we are all capable of giving the smiling disease
And spreading positivity

Artist statement:

Theme: I will change the world by spreading smiles

Smiles are simple actions that are easily spread because they release positive feelings and good intentions. According to the article, “Smiling can trick your brain into happiness” A smile, forced or natural, can release dopamine and serotonin which increases our mood. Chemical reactions in our brains from smiling have been shown to reduce stress and increase our bodies immune system. Smiling can also affect other people when you travel because it’s contagious to dispute another’s background. Dr. Eva Ritzo, a psychiatrist states “This is because we have mirror neurons that fire when we see action,” which essentially means we copy others. When people smile, it passes on good intentions and just makes everyone happy. Happy people in our society will increase our productivity and health (Nicole Specter).

Works Cited

Spencer, Nicole. “Smiling Can Trick Your Brain into Happiness - and Boost Your Health.” *NBCNews.com*, NBCUniversal News Group, 10 Jan. 2018, www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-boost-your-health-ncna822591 .