

The body communicates to the mind. Relaxing your muscles and letting go of intensity releases both physical and emotional tensions. A grin is tight and strained — A *half-smile* is more of a serene pleasant but neutral facial expression. It includes slightly turned up lips with a relaxed face.

Half-Smile when You First Awake in the Morning

Half-Smile During Free Moments

Half-Smile When Listening to Music

Half-Smile When Irritated

Half-Smile When In A Lying Down Position

Half-Smile When in a Sitting Position

Half- Smile While Contemplating the Person You Hate or Despise the Most
