



Reflections

Keep smiling

KEEP smiling, be positive and stay calm are the main themes of my conversation as well as talks these days. Someone said to me recently, how do we see or show smiling while the face covering on.

I said nothing stops us smiling within ourselves and can express it in some way that can be understood by people around. I tend to show my smile

by nodding my head in agreement and if the environment is safe then by briefly removing my face mask.

While many people are happy about the relaxation of the covid safety regulations and go out a lot more than before, some are still cautious and feel safe to stay in their own places. There seems to be no end to this pandemic since the infection rates are soaring up

once again to the record high more than 50,000 for the first time since 17th July. We have been exposed for a long time to this scary and protracted virus during this pandemic. We as a nation are in many ways better placed and well equipped now than before. Majority of our people are vaccinated already, and the booster doses are being rolled out presently. Tailored covid safety regulations are in

place according to the circumstances and environments.

Whether we choose to go out or stay indoors, it is important to keep smiling. Many research studies that have investigated the benefit of smiling state the increase in the overall lifespan. They went on to prove scientifically everything that the philosophy of smiling Buddha has stated about Smiling. It makes us feel relaxed, elevates

mood, relieves stress, reduces pain, lowers blood pressure, increases immunity contributing to stay calm and be positive even in adverse situations. 'Let us always meet each other with smile, for the smile is the beginning of love', Said Mother Teresa.

**Darline Joseph
Marianathan
Saint Boniface Okehampton
& Holy Family Chagford.**