

Smiling during stress may help the heart

August 13, 2012

United Press International:

People who smile even though they don't feel like it had lower heart beat levels, U.S. researcher suggest.

Psychological scientists Tara Kraft and Sarah Pressman of the University of Kansas conducted a series of experiments involving 169 participants from a Midwestern university.

The study involved two phases — training and testing. During the training phase, participants were divided into three groups, and each group was trained to hold a different facial expression.

For the testing phase, participants were asked to work on multitasking activities. What the participants didn't know was that the multitasking activities were designed to be stressful.

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