

# Turn That Frown Upside Down

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How can you make your day better? Turn that frown upside down. As corny as that phrase is, science can back it up.

As part of the [Wall Street Journal's "Is It True" video series](#), Christina Tsuei interviewed APS member George Bonanno about whether smiles really do improve your mood. Bonanno, author of "The Other Side of Sadness," talked about the benefits of a spontaneous joy-filled smile. The video below also references a 2010 study published in *Psychological Science*, [Cosmetic Use of Botulinum Toxin-A Affects Processing of Emotional Language](#). The researchers found that when they used Botox to block the muscle used for frowning, participants took longer to process a negative emotion such as anger or sadness.