

MY LIFE-FIT HABITS SMILE Technique

How can I practice the **SMILE technique?**

Confident body signals help you to look confident in social situations (e.g. talking with a friend at school).
There is an easy way to remember your strong confident body signals

How can the **SMILE technique** help me?

Showing confident body signals can help you feel confident, assertive and deal with bullies

Sometimes if we feel anxious, we find it hard to talk to other people

Try this Life-Fit **SMILE Technique Challenge**

Write down some good conversation topics

The week start practicing SMILE with your family and friends

Think about what went well and what you can do better next time

Keep Practicing!

SMILE

SMILE

S Smile and face the other person

M Make eye contact and look interested while you are talking with the other person

I Initiate the conversation. Remember to:

- Use a greeting (hello) when introducing yourself
- Pick a topic that you both like to talk about
- Ask questions

L Listen to the other person

E Enjoy yourself and relax:

- Use on the spot breathing
- Remember to think strong thoughts
- Keep smiling

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>