Smiling Baby Pictures for Instant Stress Relief

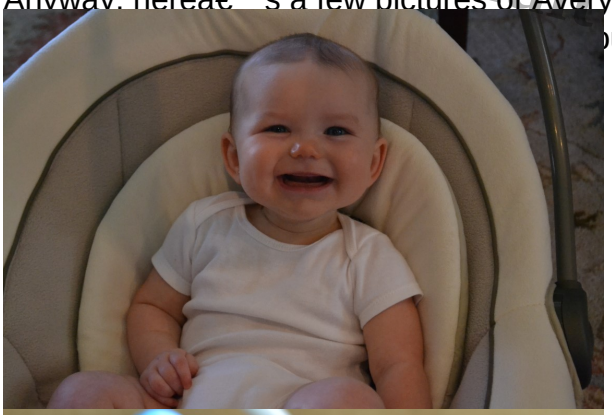
Description

You know â€œthoseâ€• days, when nothing goes as planned and youâ€™re feeling overwhelmed about everything. Yep, thatâ€™s stress and it sucks!

Itâ€™s said that a little bit of stress is good for us, but Iâ€™m willing to bet we get way more of than we prefer. When Iâ€™m feeling stressed, seeing my smiling babyâ€™s face makes it all go away in an instant.

I could be chopping veggies and slice my hand (true story) making me run around frantically trying to stop the bleeding and not freak out. But, if I look up and see Averyâ€™s face smiling at me, I would forget my injured limb and just smile back; then Iâ€™d proceed to freak out.

Anyway, hereâ€™s a few pictures of Avery smiling. These make Kelley and me happy every time we



adorable

Too many? Didnâ€™t think so. I hope Iâ€™ll be able to take many more and share with everyone!

Now go enjoy your day with a little less stress! If youâ€™re still feeling unnerved by somethingâ€¦see above.

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