

# Smiling Baby Pictures for Instant Stress Relief

## Description

You know those days, when nothing goes as planned and you're feeling overwhelmed about everything. Yep, that's stress and it sucks!

It's said that a little bit of stress is good for us, but I'm willing to bet we get way more of than we prefer. When I'm feeling stressed, seeing my smiling baby'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 Avery's face smiling at me, I would forget my injured limb and just smile back; then I'd proceed to freak out.

Anyway, here's a few pictures of Avery smiling. These make Kellev and me happy every time we





Too many? Didn't think so. I hope I'll be able to take many more and share with everyone!

Now go enjoy your day with a little less stress! If you're still feeling unnerved by something...see above.

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