

Laugh for Health's Sake!

Laughter is a potent tool for wellness. Consider some of the benefits of laughter:

- Provides a mini-aerobic workout
- Works facial and abdominal muscles
- Increases tolerance to pain
- Raises oxygen levels
- Strengthens the immune system
- Helps with certain respiratory illnesses by aiding ventilation and clearing mucus
- Diminishes anxiety
- Reduces the incidence of arterial blockage, angioplasties, and heart attacks

Simply put,
laughing just makes you
feel better!

"We cannot experience humor and feel depressed, anxious and angry at the same time. In those moments of experiencing humor, other feelings dissolve, providing a respite...as well as hope that those other feelings can be reduced or eliminated."

-American Association for
Therapeutic
Humor

Keep a Few Tricks Up Your Sleeve

You are responsible for realizing and creating your own sit-com.

Try some of these tips:

Reframe a situation.

Too often we overlook the absurdity in our lives. Our frustrations are the topics for our own sit-com. Remember to use cognitive restructuring. Laugh at a frustrating event this week. Did humor help diffuse the situation?

Live in the present.

Don't save the china. Don't live for your retirement. Live like there is no tomorrow!

Realize that you are not the center of the universe.

No one woke up this morning wondering how to ruin your day.

Celebrate your humanness.

Stop being a perfectionist by embracing your uniqueness.

Be childlike.

Laugh out loud. Children laugh an average of 400 times a day. An adult laughs 14 times a day.

Realize that you are the best company you will ever have.

Make yourself happy by planning an event for yourself this week.

Use e-humor.

There are lots of great humor websites, so search the internet for one that tickles your funny bone. A couple we like:

www.inspiredliving.com/humor/humor