



## Laughter

*Laughter can be the Best Medicine*

### Improve your health with a good belly laugh...benefits include:

- Reduces stress
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation
- Makes you feel good



Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only will your midsection get a workout, it can benefit digestion, and absorption functioning, too. It is estimated that hearty laughter can burn calories equivalent to several minutes of a rowing machine or exercise bike.

### Ideas to get more laughter into your day:

- Read a comic book
- Join a Laughter Therapy Group
- Create a 10 Funniest Movie list
- Practice your aloud giggle
- Start a joke file
- Listen to comedy radio
- Attend a local comedy show
- Have your likeness drawn by a funny caricature artist



*Courtesy of Wellness Proposals*

**Mindfulness Thoughts**

*Start your day with the words, I am so happy and grateful, because that, in and of itself, sets up a positive, attraction energy and re-affirms your LIFE.*

*www.ZenLama.com*

*Now and then it's good to pause in our Pursuit Of Happiness and just BE HAPPY.*

*Guillaume Apollinaire*