

LOL

Laughter IS the best medicine



Laughter IS the best medicine as the old adage goes.

And, laughter is viral. The sound of boisterous laughter is far more contagious than any sneeze or cough. Bonding occurs when you laugh with others.

It also triggers positive physical changes in your body: boosting your energy, strengthening your immune system, and protecting you from the damage of stress. Some hospitals even hire clowns to enable patients to lighten up and lessen suffering. Best of all, laughter is one medicine that is free and user friendly.

How can YOU reduce stress in order to laugh more often?

Follow these simple tips:

- + Count your blessings. Make a list because dwelling on the good things in your life will distance you from negative thoughts.
- + Purge your mind of “what ifs” and instead look around and cherish each moment, looking on the bright side and smelling the lilies.
- + Treat yourself to a walk in the middle of your hectic day. Be sure to take deep breaths.
- + Spend time with fun, lighthearted people.
- + Hang out and giggle with your baby, your grandchild or your neighbor’s child.
- + Answer that old school buddy who found you on Facebook last week.
- + If you need more ideas, Google “laughter” and chuckle away.

Remember, LOL (Laugh Out Loud). You will be better off and so will the family and colleagues surrounding you.

*Sponsored by Gretchen Morrow, PA-C
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