

Laugh Much?



Action Sheet

This week keep track of and seek out laughter. As adults, we often get too busy for fun and laughter, especially at the workplace.

Remember that laughter burns up to 6 calories per good belly laugh, which can really add up. Not only that, it also releases serotonin, which is your feel good hormone. Laughter reduces unwanted stress hormones and makes us feel content in general. A feeling of contentment goes a long way to help control cravings as well.

What Makes You Laugh?

List movies, TV shows, magazines, YouTube clips, people, etc...

**Did you laugh last week?
Some of you will be able to list a lot and others will struggle to remember a single laugh.**

Plan a laugh. I know it sounds crazy, but if you haven't been laughing take the time to get back in the habit.

