



*Short-term
benefits
of
Laughter*

Stress Busters

Laughter
is the
BEST
medicine.

- Stimulates your heart, lungs and muscles
- Increases endorphins released by your brain
- Stimulates circulation and aids in muscle relaxation-both help to reduce some of the physical symptoms of stress



*Long-term
effects of
Laughter*

- Laughter may improve your immune system. Negative thoughts cause negative chemical reactions in your body, bringing stress into your system and decreasing your immunity. Positive thoughts release positive chemicals!
- Laughter may ease pain by causing the body to produce its own natural pain killers!

- Smile!!!*
- Play
- Learn to juggle*
- Read kids books
- Read the comics*
- Play charades
- Listen to happy music, make a "happy" play list*
- Have a pillow fight
- Draw cartoons*
- Doodle
- Dance funky*
- Blow bubbles
- Wear a clown nose*
- LAUGH!!!**

Keep something with you that makes you smile, laugh, giggle...keep it in your car, desk drawer or purse...the point is to have it handy when you need it.