

Laugh Out Loud (lol)

GOOD MEDICINE IS JUST A CHUCKLE AWAY

Is laughter really the best medicine? Studies show that hardy laughter improves blood flow, reduces stress, lessens pain, and burns calories. Some even say it has healing powers as it sends oxygen throughout the cells of your body. It's also contagious.

WHAT'S SO FUNNY?

Find something to laugh about – a joke, your in-laws, your boss. If that doesn't trigger so much as a chuckle, look in the mirror. That's right. Laugh at yourself. Make a funny face, Lift your nose and oink. Stretch your lips. Crinkle your unibrow. If that doesn't work, fake it. Research shows that the brain can't tell the difference.

HUMOR IS EVERYWHERE

Surely, there is something within your reach to make you chuckle, snort, or chortle. Here are some tips to tickle your fancy:

- Act like a kid – tell and laugh at your own knock-knock jokes, hula hoop, or wear a fake mustache and glasses. If you don't laugh, someone around you will.
- Go to a comedy club or listen to a comedy CD.
- Watch your favorite comedy TV show or movie.
- Get a joke sent to your email every day, such as through www.ajokeaday.com.
- Check out Online joke websites and funny YouTube videos.
- People watch.
- Spend time with people who laugh a lot.

LOL TIP

Pretend you're viewing your surroundings through the lens of "Candid Camera." Focus on silly and offbeat things people do. This helps you lighten up and brightens your outlook.

Action Step

Kids laugh 200 times a day.
Adults laugh only 15 times a day. Start counting the number of times you laugh and increase your record every day.

