

‘THE HEALING POWER OF LAUGHTER!’



BENEFITS OF LAUGHTER

- Lowers blood pressure
- Massages your heart- internal jogging
- Makes you look younger
- Decreases stress hormones and stress in general

- Used as pain reliever
- Increases immune cells & infection fighting antibodies and triggers the release of endorphins!

How to get benefits of laughing

- Create opportunities to laugh
- Watch a funny movie, read a funny book
- Norman Cousins
- Go to a comedy club!

- Seek out fun and funny people
- Share a good joke or funny story
- Act childlike- play with your pet, play with kids and act goofy!

PAY ATTENTION TO YOUR LIFE!

- Life is funny-
- Laughter helps us get through the tough times. It's like a cushion.
- Take responsibility for your own health
- Make your own Giggle Box- Dr. Oz favorite

“I need insurance too!”



- Resentment is like drinking poison and expecting the other to do-
- Let it go...

YOUR LIFE AS A SONG

- What if:
- If you could pick a song that described YOUR
- life today, what would it be?
- If your friends could pick a song THEY
- think would describe you – what would it be?

What if your BOSS could pick a song THEY
think would describe you?

What if YOU could pick a song that describes your life as you would *like it* to be?

- The song you pick, is the SOUND TRACK OF YOUR LIFE ~ this song determines how you live your life because you keep hearing the words in your head day after day. If it is not the song you want it to be ~ then it's time to change that tune.

- YOU ARE 5 X MORE LIKELY TO HAVE A HEART ATTACK IF YOU STUFF YOUR EMOTIONS.
- LET IT OUT!!!

- BABIES LAUGH ON THE AVERAGE OF 300 TIMES A DAY.
- ADULTS ON THE AVERAGE- SEVEN!

- HUMOR IS BONDING
- PEOPLE GRAVITATE TOWARDS PEOPLE THAT ARE FUNNY!
- TELL JOKE OR CARTOON OR PICTURE

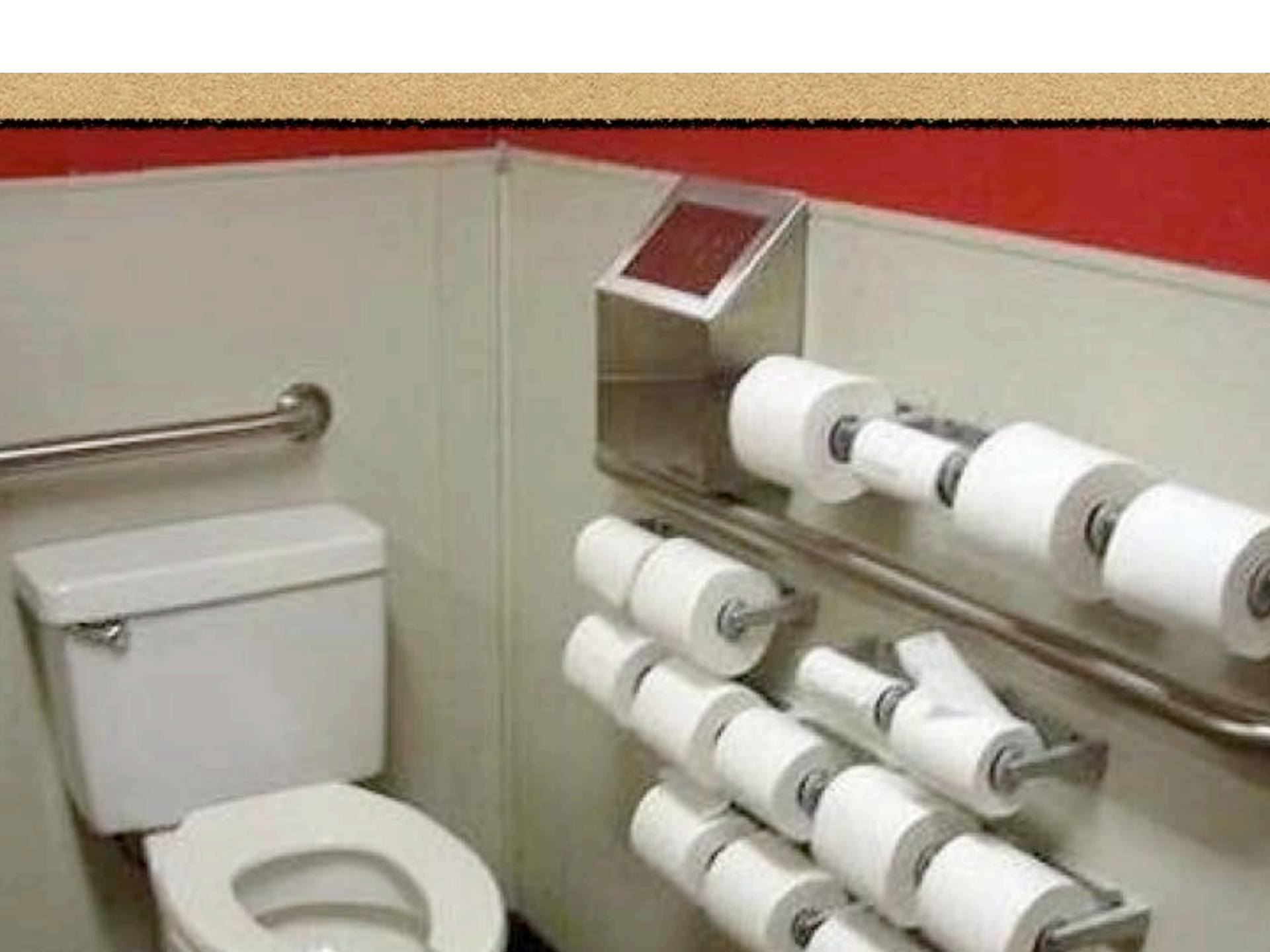


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TAKE THAT!!



- IF WOMEN RAN THE WORLD





CAN'T WE ALL JUST GET ALONG-

