

"My goal is to heal the world one laugh at a time!"



*Diana Jordan - Laughter Therapist -
Speaker -Comedian!*

"Laughter is the key to relieving stress!"

1. PAY ATTENTION TO YOUR LIFE AND YOU WILL REAP THE POSITIVE BENEFITS!
2. HOW LAUGHTER HELPS US GET THROUGH TOUGH TIMES!
3. FINDING THE FUNNY IN LIFE AND IN YOU!
4. TAKE RESPONSIBILITY FOR YOUR OWN HEALTH! PUT YOUR OXYGEN MASK ON FIRST!
5. FIND THE FUNNY IN YOU! IT'S THERE!!
6. RELIEVE STRESS BY MAKING YOUR OWN 'GIGGLE-BOX! (A Dr. Oz favorite!)

HEALTH BENEFITS OF LAUGHTER!

- * LAUGHTER- LOWERS YOUR BLOOD PRESSURE.
- * LAUGHTER - MASSAGES YOUR HEART,
- * DECREASES STRESS HORMONES, INCREASES IMMUNE CELLS & INFECTION-FIGHTING ANTIBODIES, TRIGGERS THE RELEASE OF ENDORPHINS, THE BODY'S NATURAL FEEL-GOOD CHEMICALS AND PAIN RELIEVER!

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- * CREATING OPPORTUNITIES TO LAUGH!
 - * WATCH A FUNNY MOVIE OR TV SHOW!
 - **GO TO A COMEDY CLUB!
 - * SEEK OUT FUN AND FUNNY PEOPLE!
 - **SHARE A GOOD JOKE OR A FUNNY STORY
 - **PLAY WITH A PET AND GOOF AROUND WITH KIDS!

S M I L E !!!!!