

THE BENEFITS OF SMILING AND LAUGHING



NORMAN COUSINS

COUSINS WAS A STORIED JOURNALIST, AUTHOR AND EDITOR, HE SUFFERED FROM INFLAMMATORY ARTHRITIS AND HE SWORE THAT WATCHING FUNNY VIDEOS, AND LAUGHING FOR TEN MINUTES, WOULD BRING HIM AT LEAST TWO HOURS OF PAIN FREE SLEEP. IN HIS BOOK **ANATOMY OF AN ILLNESS PERCEIVED BY THE PATIENT** HE DESCRIBES HIS SELF PRESCRIBED LAUGHING CURE. WHICH SEEMED TO RELIEVE HIS INFLAMMATION AS WELL AS HIS PAIN!

WAYS TO SMILE MORE

POST-IT NOTE CHALLENGE:

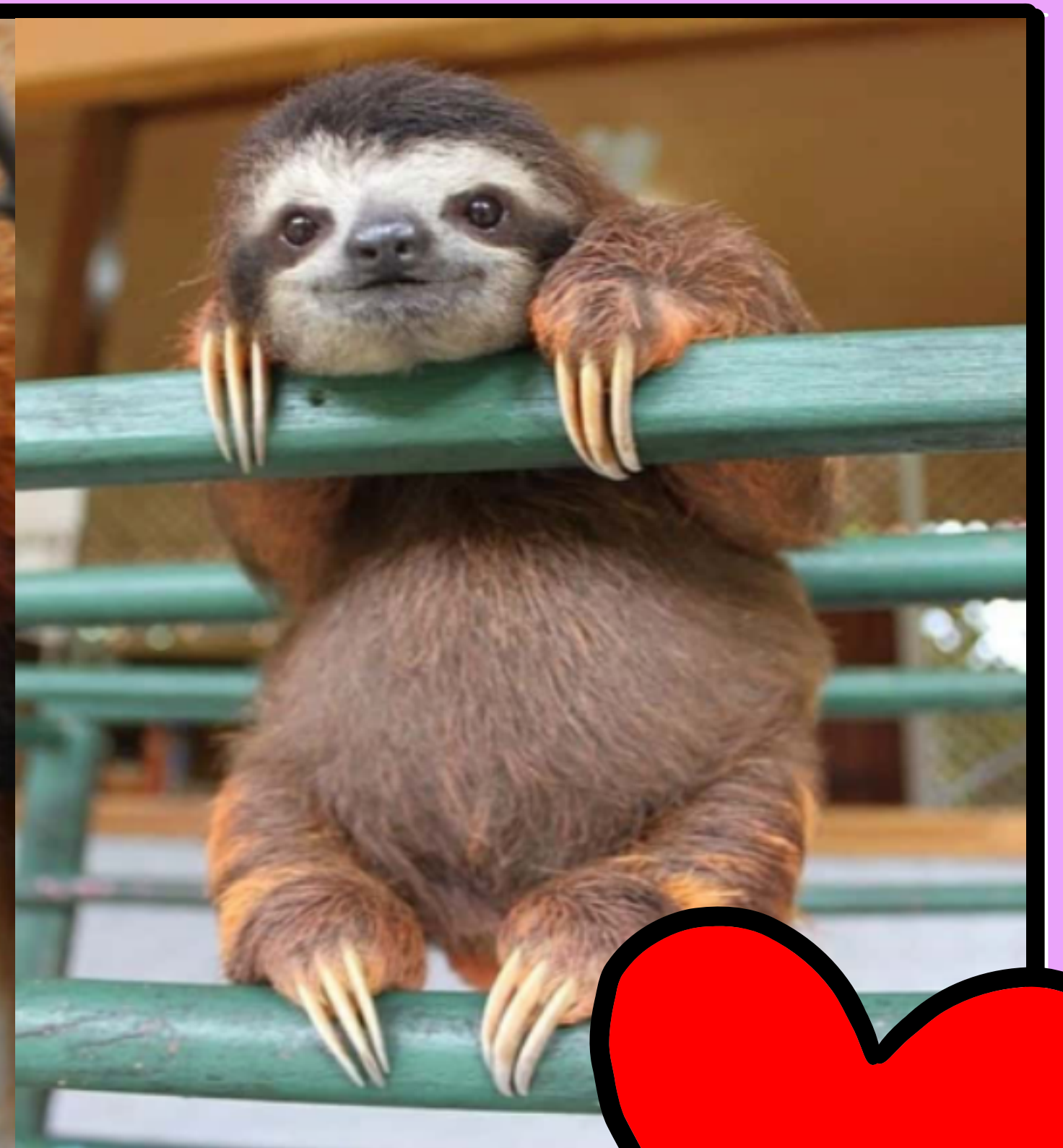
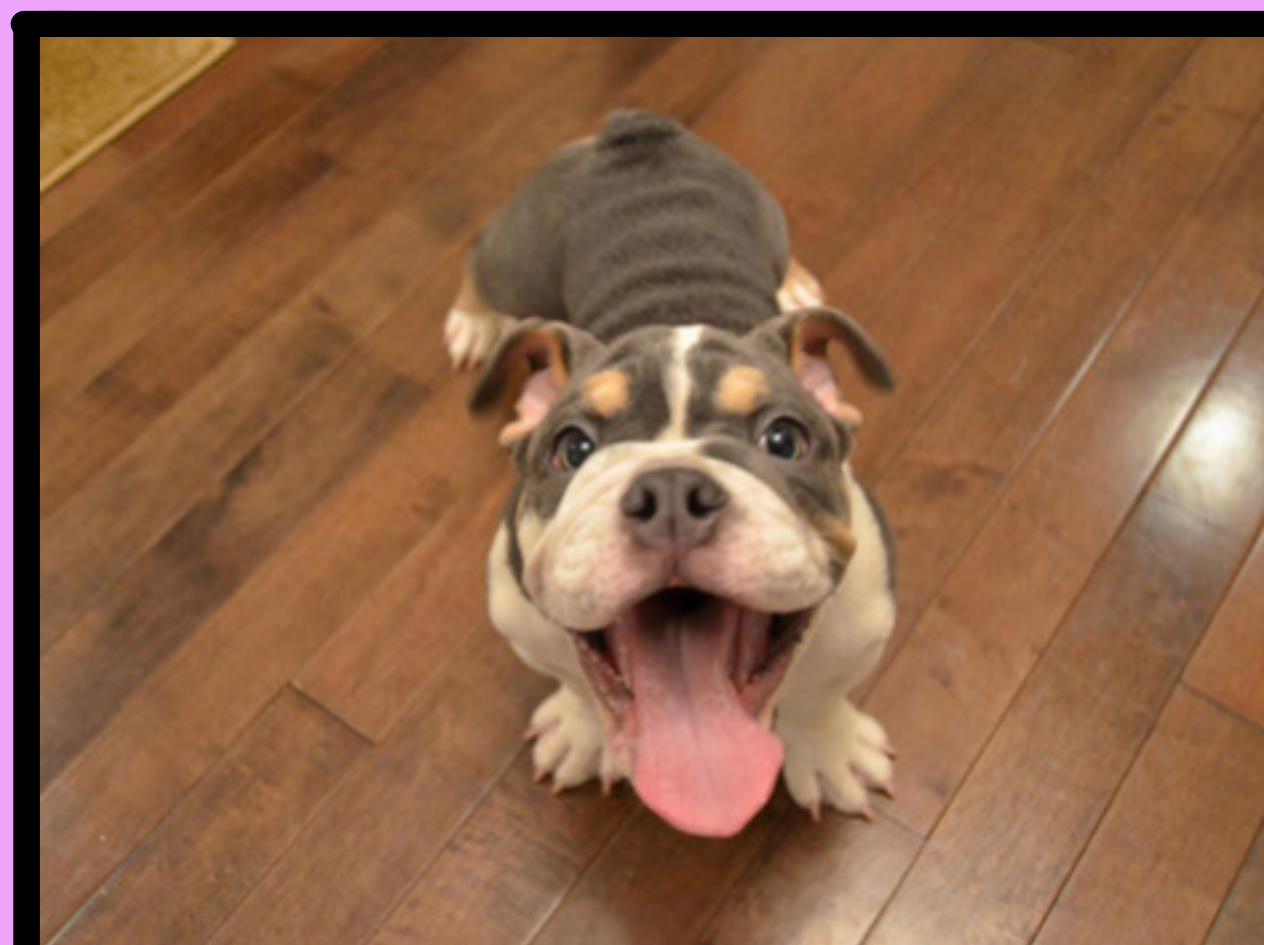
GATHER A BUNCH OF DIFFERENT COLORED POST-IT NOTES AND WRITE DOWN PEOPLE, PLACES, MEMORIES, OR THINGS THAT MAKE YOU SMILE. THEN STICK THEM IN PLACES WHERE YOU WILL SEE THEM OFTEN THROUGHOUT THE DAY TO KEEP YOU SMILING THROUGHOUT THE DAY.

WAITING CHALLENGE

CATCH YOURSELF IN A MOMENT OF THE DAY WHERE YOU ARE WAITING, WHETHER IT'S SITTING IN THE CAR DURING TRAFFIC, OR AT THE GROCERY STORE IN LINE, STOP AND SMILE AND SEE IF SOMEONE SMILES BACK AT YOU.

SMILING IS IMPORTANT BECAUSE IT OFFERS MANY DIFFERENT HEALTH BENEFITS INCLUDING:

- REDUCED BLOOD PRESSURE
- INCREASED ENDURANCE
- REDUCED PAIN
- REDUCED STRESS
- STRENGTHED IMMUNE SYSTEM



HAPPY COLORS

HAPPY COLORS ARE BRIGHT, WARM COLORS LIKE YELLOW, ORANGE, PINK AND RED. PASTEL COLORS LIKE PEACH, LIGHT PINK OR LILAC CAN ALSO HAVE AN UPLIFTING EFFECT ON YOUR MOOD. THE BRIGHTER AND LIGHTER A COLOR, THE MORE HAPPY AND OPTIMISTIC IT WILL MAKE YOU FEEL. ANOTHER WAY COLORS CAN CREATE HAPPY EMOTIONS IS BY COMBINING MULTIPLE PRIMARY AND SECONDARY COLORS TOGETHER FOR A YOUTHFUL, COLORFUL EFFECT.

BENEFITS OF LAUGHTER

SOOTHE TENSION: LAUGHTER CAN ALSO STIMULATE CIRCULATION AND AID MUSCLE RELAXATION.

RELIEVE PAIN: LAUGHTER MAY EASE PAIN BY CAUSING THE BODY TO PRODUCE ITS OWN PAINKILLERS.

IMPROVE YOUR MOOD: MANY PEOPLE EXPERIENCE DEPRESSION, SOMETIMES DUE TO CHRONIC ILLNESSES. LAUGHTER CAN HELP LESSEN YOUR STRESS, DEPRESSION AND ANXIETY AND MAY MAKE YOU FEEL HAPPIER. IT CAN ALSO IMPROVE YOUR SELF ESTEEM

