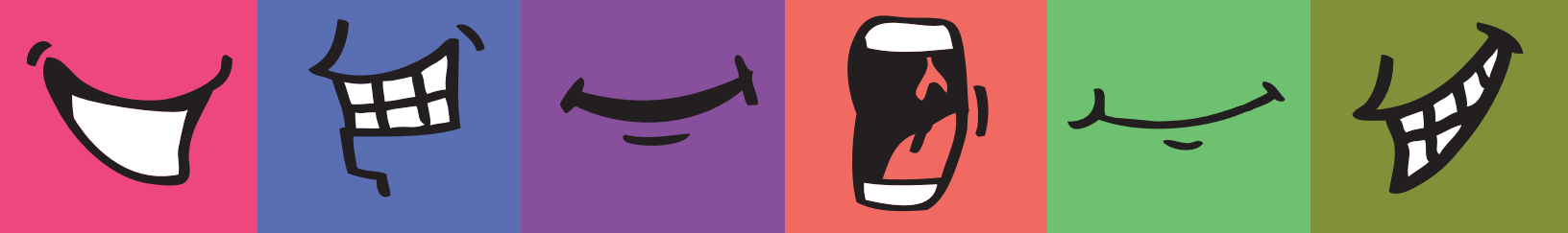




LaughLines

Laughter is the best medicine.
When was the last time YOU laughed?





Why laughing is good for you

Laughing actually produces positive physical changes in your body that boost your health immediately **and** over the long term, according to the Mayo Clinic. For example, laughing:

- Releases endorphins and dopamine, which are feel-good hormones
- Relieves stress and helps you cope with it
- Stimulates your heart, lungs and muscles thanks to the sudden increase in oxygen levels
- Reduces pain
- Lessens depression, anxiety and tension
- Increases creativity and cognitive abilities
- Improves your immune system
- Improves relationships, creating happier marriages and bonding among group members
- Helps you shift the way you view situations and allows you to see them from a different perspective

Best of all, laughter is free, easy and readily available to everyone.

Do you need more laughter in YOUR life?

- Practice, practice, practice. Practicing laughing really works, even if it feels forced at first.
- Spend time with people who make you laugh. Laughing with others is even more beneficial than laughing alone.
- Surround yourself with things that make you smile and laugh. Hang funny comic strips and photos in your work area. Watch funny movies.
- Get laughter delivered to your email or social media news feed. For example, follow the Laughter Is the Best Medicine Facebook page for a steady diet of humorous quotes and jokes.

For more information, call 731-644-3463 or go online at www.hcmc-tn.org.

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THE SHAME TN

DO ONE THING

Studies show that you are more likely to laugh when you're with others, so schedule a few minutes each day with friends and family to make sure you get your laughs in.

