

Action Steps for  
Health & Happiness

# Laugh out loud (lol)

Start counting the number of times you laugh a day. Set a goal to laugh more.

- Check out funny YouTube videos.
- Watch comedy shows and movies.
- Get a joke sent to your email every day, such as through [ajokeaday.com](http://ajokeaday.com).
- Act like a kid — tell and laugh at your own knock-knock jokes, hula hoop, or wear a fake mustache and glasses.
- Consider joining a “Laughter Yoga” class. Learn lots of laughter techniques while you move in positions to relax your body and mind.

