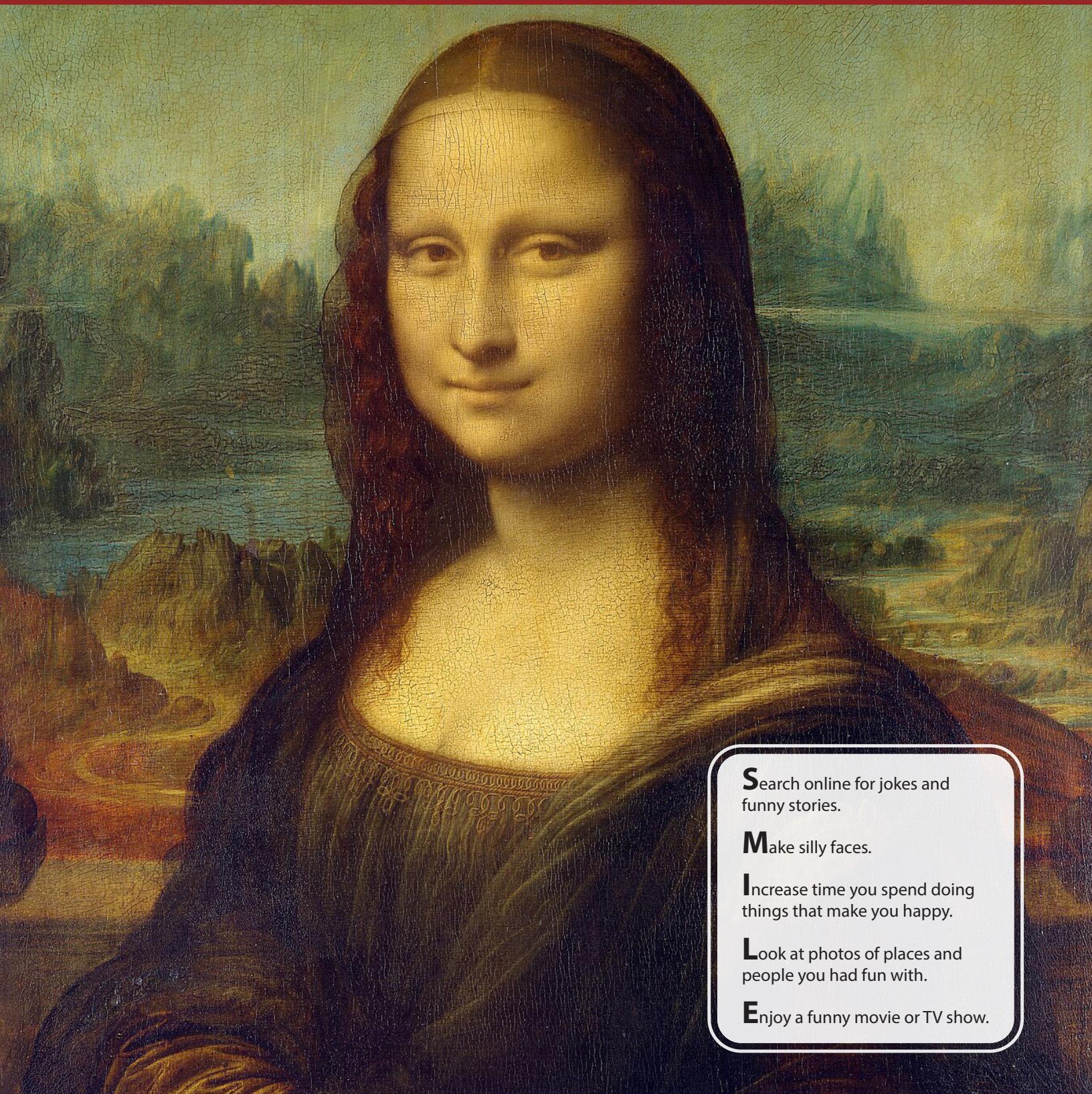


Smile. It relieves stress.



Search online for jokes and funny stories.

Make silly faces.

Increase time you spend doing things that make you happy.

Look at photos of places and people you had fun with.

Enjoy a funny movie or TV show.