



Good medicine is just a chuckle away.

Hardy laughter improves blood flow, reduces stress, lessens pain, and improves relationships.

- **Lol — Laugh out loud.** Doing this helps you lighten up and brighten your outlook.
- **Keep the jokes coming.** Get a joke sent to your email every day, such as through ajokeaday.com. Check out other online joke websites and funny YouTube videos.
- **A smile is a frown turned upside down.** Look for the humor in stressful situations.

Smile more. Laugh often.