



WEEK TWO: LAUGH A LITTLE— OR A LOT!

NEWSLETTER VOLUME 2

During week two and beyond, remember to give yourself points for laughter activities and continuing to move more.

WHY LAUGHTER?

Research has shown that laughter has several important stress relieving benefits. Laughter can give us a more lighthearted perspective and help us view stressful difficulties as challenges. Plus, laughter connects us with others. By helping others around you learn to laugh more, you receive the benefits as well. By elevating the mood of those around you, you can reduce their stress levels and perhaps improve your interaction with them. Best of all, out of everything you can do for stress relief, laughter takes the least amount of effort and planning!



TIPS FOR KEEPING IT GOING

To maintain momentum from this week’s Laugh a Little activities, take time to think of some of your funniest memories, the ones that years later still make you smile. In the spaces below, briefly write down two or three of these. Make a point of telling each story to someone during the week. Re-telling them out loud can be fun and seeing the reaction of friends and coworkers can really bring them back to life. Don’t forget to track your progress in the challenge log and personal journal.

Memory 1: _____

Memory 2: _____

Memory 3: _____
