

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

July 25, 2017

GET READY TO EXERCISE YOUR FUNNY BONE

Doctors have discovered an amazing breakthrough. It can help reduce pain, relieve stress and improve your immune system. No prescriptions are needed and it's always free. What is this medical miracle? A good laugh!

The health benefits of laughter are no joke. In fact, laughing can benefit both your body and mind:

- Improves your mood
- Lowers inflammation
- Helps your body fight sickness
- Helps you cope with stress
- Increases blood flow
- Acts like a natural painkiller
- Soothes tension

How? It comes down to brain chemistry. Laughter releases hormones that make you feel good, and helps cool down stress hormones that cause sadness and grief.

How to Get More Giggles and Belly Laughs:

- **Surround yourself with funny stuff**—photos, books, cards and movies that make you giggle.
- **Hang out with humorous people.** Comedy loves company, and you're 30 times more likely to laugh with others than alone.
- **Practice laughing.** It may feel silly, but isn't that the point?

By the way: What do you call a dinosaur with a big



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