

Wellness Tidbits



HELP YOUR HEALTH WITH HUMOR

Who doesn't love a good belly laugh? You know the kind that makes your stomach ache, your cheeks hurt and your eyes water? Well, not only is laughing fun, it is also good for your health.

Health Benefits of Laughter

Laughter makes you feel better in the moment, and has long-term benefits:

- It reduces stress in the body by releasing endorphins in the brain.
- It can lower blood pressure.
- It improves the immune system.

Give Yourself a Dose of Laughter

It's easy to incorporate some healthy laughter into your day. Consider these ideas:

- Hang up silly pictures of your family and friends, comic strips or jokes around your home and office.
- Host a game night with family and friends.
- Look for the silver lining or comical aspects of everyday struggles. Associate yourself with others who try to do the same.

You know what they say... laughter is contagious. So, spread some around to benefit your health and the health of those around you!



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read information above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

True or False: Laughter has long-term benefits such as lowering blood pressure, reduce stress and improve the immune system.

**ANSWER FITBIT®
CHALLENGE HERE!**

