

Ways to Wellness

Small steps can make a big difference.

Laugh

Laughter is medicine for the mind and helps to reduce stress and tension.



A good laugh can actually create physical changes in your body by stimulating your heart, lungs, muscles and increase endorphins released by your brain.

Smiling and laughing is a powerful way to lower stress, it can:

- Reduce negative emotions
- Help you relax and recharge
- Change perspective
- Strengthen connections with others

Here are some ways to bring more humour and laughter into your life:

Smile, this simple act can boost the feel good chemicals in your brain, helping you and others feel happy.

Look on the bright side. When you can, try to look for the positive in every situations.

Get together with a friend who makes you laugh.

Share a joke with others.

Watch a funny movie.

Make time for fun activities with friends and family.



For more health related information,
visit: www.albertahealthservices.ca
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