

# Laughter Prescription

## Recommended Dosage:

*10 minutes of Laughter Daily*

- Share your Smile!
- Less Bad News. Look for Good News.
- Play, Laugh and have Fun with the People in Your Life, especially Children.
- Access more Humour - TV, Movies, DVDs, Videos, Print Media, Radio and Internet.
- Learn to be an Optimist.
- Exercise Your Sense of Humour.
- Learn to Laugh at Yourself.
- Use Humour to De-Stress.
- Find a Laughter Club & do Laughter Yoga!
- Seek help if Laughter is elusive.
- Give Thanks for the Benefits of Laughter!



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