

# Celebrating Welllderly Day

## 5 Tips To Giggle and Grin Your Way to Better Health

### #1 Be Intentional



Create a list of the things that make you smile, laugh, or feel joy. . It can be as simple as looking in the mirror first thing in the morning and making ridiculous faces or dancing, laughing outloud or intentionally smiling.

### #2 Begin Your Day with a Laugh and Smile



Laughter stops distressing emotions, helps us relax and recharge, it shifts our perspective to more positivity and it draws us closer to others.

### #3 Seek Relationships That Trigger Laughter and Joy



Look around. Who are the people others love being around because they're kind and funny? Laughter promotes healthy bonding and enriches our relationships.

### #4 Make Yourself Laugh and Experience Joy



Laughter doesn't have to be something where you wait for it to happen. Create it yourself and it starts to become easier.

### #5 Use Humor to Overcome Challenges and Enhance Your Life

The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

Attempt to laugh at situations rather than bemoan them. Look for the humor in challenging times and uncover the irony and absurdity of life.



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