



Laughter is the Best Medicine

Laugh it Off!

Goal: When things do not go as planned, try to find a way to laugh about it.

[Tip]: Laundry piled up to the ceiling is not really funny, but finding the humour in the situation can make all the difference.

Why is this important? Laughter decreases stress hormones, increases immunities, and can help us let go of negativity.

References: Yim, J. (2016). Therapeutic benefits of laughter in mental health: a theoretical review. *The Tohoku Journal of Experimental Medicine*, 239(3), 243–9. <https://doi.org/10.1620/tjem.239.243>