



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



HEALTHY HUDDLE WITH GEHA.

PUT SOME HUMOR IN YOUR LIFE

Research has shown that humor and laughter can reduce stress, control pain, improve our immune system and promote healing.



When you laugh, it increases oxygen flow and circulation, lowers blood pressure and just makes you feel better. Think back to the last time you had a good laugh; how did you feel? Free from stress, happy, light-hearted and relaxed are a few feelings that come to mind. Laughter can give you a sense of release of emotions and can be a great distraction from a situation that is heavy and challenging.

Are you afraid you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

PUT HUMOR ON YOUR HORIZON.

Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books, magazines or comedy videos on hand for when you need an added humor boost. Look online at joke websites. Go to a comedy club.

LAUGH AND THE WORLD LAUGHS WITH YOU.

Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

CONSIDER TRYING LAUGHTER YOGA.

In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.

SHARE A LAUGH.

Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.

KNOCK, KNOCK.

Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.

KNOW WHAT ISN'T FUNNY.

Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

Find out how humor-savvy you are and learn more about the power of laughter by following this link: [Humor Quiz](#)

GEHA is here to help you [with healthy living resources](#) that will allow you to Choose Possible every day!

Source: [Web MD](#)

Explore more at the [Chiefs Wellness Program homepage](#) -->