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LEARNING TO SLOW DOWN

GET YOUR LAUGH ON

When was the last time you laughed out loud?

WAYS TO ADD HUMOR TO YOUR LIFE

1. Wave to kids on a school bus
2. Whistle as you drive or walk to work
3. Laugh when you feel stressed
4. Wake up early on a Saturday and watch cartoons
5. Pay the toll for the person driving behind you
6. Smile a lot
7. Cheer for one of the sports teams
8. Call home or work and ask for yourself(don’t disguise your voice)
9. Read a book by Erma Bombeck or Dave Barry
10. Watch a comedy sitcom or movie
11. Tell knock knock jokes
12. Dress in a costume on Halloween and give out treats
13. Share a random funny thought with a friend
14. Take a laugh break instead of a coffee break
15. Pull out the Sunday comics, clip and post the funniest one in your room
16. Set up a mini-golf course in with friends
17. Guess each other’s baby pictures of friends
18. Go bowling
19. Have a paper airplane contest
20. Blow Bubbles
21. Download iLaughOutLoud to your iPhone or iTouch. It’s a great laughter app that plays genuine contagious laughter sounds.

Adapted from www.laughlong.com