

Day 26

Hello again!

We are coming to the end of our 28 days. So you won't be too sad, we are focusing on joy and laughter today.

We are drawn to laughter much in the way that we are drawn to sugar. It makes us feel good. Laughter affects stress hormones, the immune system and the disease process. Laughter has actual therapeutic properties. You will learn more in today's packet.

Find time this weekend for a funny movie or some of your funniest friends. Make a list of your all time 3 favorite funny movies and select from it - and share it on the forum!



**NOBODY REALLY CARES IF
YOU ARE MISERABLE.
SO YOU MIGHT
AS WELL BE HAPPY.**

Urban Wellness Bootcamp

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Day 26

Task

Make a list of 3 of your all time funny movies and pick one to watch. Enjoy the laughter.

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Laughter & Joy

“Laughter is the best medicine.”

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A study at Johns Hopkins shows that laughter, when used with teaching, improves memory, learning and test scores. When the left brain hears a joke, then the right brain is activated when they “get” the joke, then the whole brain activity creates optimal mental and emotional well-being.

Laughter:

- Relaxes the effect on the nervous system, controlling things like our heart rhythm, blood pressure, breathing and mental tension.
- Shifts perspective, allowing us to see situations in a less threatening way
- Relaxes the whole body
- Rejuvenates the body by lowering cortisol levels, adrenalin and producing natural pain blockers and human growth hormone.
- Helps boost the immune system
- Dissolves negative emotions.
- Brings people together, and passes the good feelings on

Not all laughter is healthy. Ridicule, inappropriate religious or sexist humor creates the opposite effect.

Laughter is just what the doctor ordered. Make a list of movies, people and situations that make you laugh. Try to enjoy humor daily.

Adapted from Bill Phillips, Transformation

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This Little Light of Mine

We all have brilliant qualities! Don't be afraid to show yours off!

Enjoy the spotlight and the ability to enjoy the gifts you have been blessed with.

If you love to sing...sing loud! Put some feeling into it and shine it for everyone to see. Show off your humor, your compassion, your cooking ability, your gardening, your intelligent conversation....whatever it is that you are gifted with. Use it!

Start looking at accepting and clarifying your gifts. Experiment with them and find what you love. Experiment and fearlessly throw yourself into the things that call to you. You are laying the foundation for many good things to come.