

ONE DAY AT A TIME

JACK BRIGGS

LAUGHTER. . . A GREAT MEDICINE

LAUGHTER ISN'T JUST FUN--IT HAS GREAT
HEALTH BENEFITS TOO.

IT STIMULATES A CARDIOVASCULAR WORKOUT .

IT PRODUCES ENDORPHIN, WHICH COUNTERACT
THE PRODUCTION OF STRESS HORMONES.
IT APPEARS TO OPTIMIZE THE IMMUNE SYSTEM.
IT REDUCES SELF-CONSCIOUSNESS AND BOOSTS
SELF-CONFIDENCE.

IT RELAXES MUSCLES AND HELPS FIGHT THE
CHRONIC PAIN ASSOCIATED WITH MUSCLE TENSION.
SO--GET YOURSELF TO LAUGH--LOOK INTO A
MIRROR AND LAUGH AT YOURSELF.

RELAX, TAKE A DEEP BREATH, BREATHE
OUT AND SMILE.

REMEMBER FUNNY MOMENTS AND ENJOY
THINKING ABOUT THEM.

BE AROUND OTHERS WHO LAUGH.

MAKE OTHERS LAUGH AND YOU

WILL LAUGH, TOO.

JACK