

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **LAUGHTER IS THE BEST MEDICINE**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health "Care Bravely" Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit.*

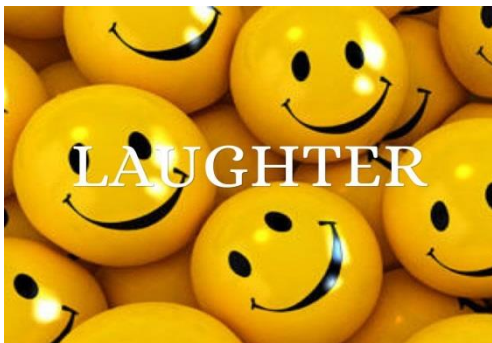
Today's topic is LAUGHTER is the BEST MEDICINE. Since our physicians, nurses, technicians and clinical support team members are so talented and awesome, we might challenge this saying! However, there is no denying there are physical, mental and social benefits to laughing and finding enjoyment in life. Check out these links! Enjoy!



[The Benefits of Laughter](#)

[What Psychologist Say](#)

[Reduce Stress with Laughter](#)



[Parenting - Laughter is a Sign of Learning](#)

[50 Best Clean and Corny Jokes](#)



[AFI's 100 Funniest Movies of All Time](#)

JUST FOR KIDS - [101 Best Kids Jokes](#)

JUST FOR KIDS - [Top 50 Funniest Kids Movies](#)

