

# Coping with Worry and Stress - Wellness Tips

Welcome to your daily dose of wellness!

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



Today's topic is LAUGHTER is the BEST MEDICINE. Since our Physicians, Nurses, Technicians and Clinical support team members are so talented and awesome, I 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 Psychologists Say](#)

[Reduce Stress with Laughter](#)

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

[50 Best Clean and Corny Jokes](#)

