

# 04 National Humor Month

## HEALTHY TIP SHEET - APRIL



### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Laugh More.

### Why Laugh More?

Norman Cousins, author of the book, “Anatomy of an Illness,” made it his lifetime pursuit to laugh more and live longer. And it worked for him. He lived to be 75 years old, despite a doctor’s prediction that he would be dead before age 40. Today, researchers have found that laughing can:

- Reduce heart disease
- Lower stress
- Improve cholesterol
- Lower blood pressure

### Looking for a Good Laugh?

Here are some tips:

- Watch a funny TV show or movie
- Watch funny videos on the internet
- Try not to take yourself too seriously
- Go to a comedy club, show or funny movie
- Smile more
- Look through old photos of yourself, family and friends
- Laugh at other people’s jokes

*Source: Wellsource, Inc. Laugh more*

*The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.*

