

Is Laughter the Best Medicine?



Benefits of Hardy Laughter

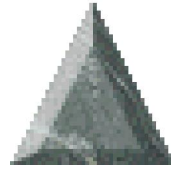
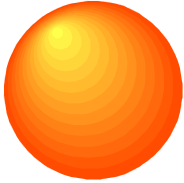
Physical

- Internal _____
- Decreases _____ tension
- Increases _____
- Stimulates the _____ system

Mental

- Increases mental _____
- Stimulates the right side of the _____
- _____ a "sense of well being"
- Provides a different _____

Humor Personalities



Difference

Humor Personalities VS HDD

Prevention / Treatment of HDD

- Fake it til you _____ it
- Focus on the _____
- Give yourself a _____
- Note you accomplishments no matter how small
- Get your dose _____ day
- Sing, dance or _____
- Keep a humor _____
- Take your job seriously and yourself
