

HOW TO BOOST YOUR IMMUNE SYSTEM - 2

LAUGH!

Find ways to laugh - or at least smile -
no matter what is going on.

A good laugh totally changes your perspective.

Look at funny videos; there are tons on SM now;
watch comedians that makes you laugh;
listen to entertaining podcasts;
find funny facebook posts;
read funny books (Dave Barry is great!);
spend time with a funny friend (on the phone!)
watch funny movies or at least uplifting ones.

Go through your old family or home videos or photos
and put them into an online 'laughter' album
and look at it often.

Create a collage of actual paper photos of funny moments
in your life in a frame and put it on your desk.

Even fake laughter changes you're physiology!
So if life looks really bleak, laugh out loud.

Smile - or if you don't feel like it do this-
put a pen or pencil between your teeth
and lift your lips off it so it's like a smile -
and you will **release endorphins!**