

Good morning and happy Monday team!

I hope you all had a great weekend and maybe got caught up on some sleep.

Let's start this week with some laughter.

Laughter is the best, isn't it? Researcher and author Bene Brown (2010) said this about it: "Laughter, song, and dance create emotional and spiritual connection; they remind us of the one thing that truly matters when we are searching for comfort, celebration, inspiration, or healing: We are not alone."

Some of the **short-term benefits** of laughter include stimulating our hearts, lungs, and muscles; releasing feel-good endorphins; relaxation; and reducing tension and stress (Mayo Clinic Staff, 2016).

**Long-term effects** include improving immune system, pain relief, increased personal satisfaction, and improved mood (Mayo Clinic Staff, 2016).

**Try to find humor in even the most stressful situations. Rather than feeling frustrated and irritated, try to choose laughter instead.**

This week's invitation

1. Watch funny videos daily
2. Spend time with animals: Pets can do ridiculous things sometimes. Savor those antics, and relish in the fact that petting animals **even lowers your blood pressure and boosts your immunity**.
3. Be silly: Skip around your classroom or hop on one foot. Do a silly dance. If you're brave, do this in public.
4. Sing at the top of your lungs: There is research that states that **singing is, in fact a natural antidepressant**.
5. Learn and share: Learn a new joke and share it with a colleague. Telling jokes **increases our sense of belonging**, which is essential for building a positive school culture.

Reflect on the Week

- When and how did you incorporate laughter into your schedule this week?
- Which options were your favorite?
- How did focusing on laughter help shape your week both professionally and personally?
- Do you plan to continue to make laughter a part of your routine?

"Laughter is such a healing thing, and through laughter, we find commonalities with each other. There's a lot of separating in the world, and by creating more things to laugh at, we can create a common ground."

- Sufe Bradshaw

Peace,  
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

