

RESILIENCY

Resiliency In The Moment: Find A Reason To Smile

“Smile, breathe, and go slowly.”

-- Thich Nhat Hanh

Take a moment today to be mindfully happy.

1. Think about the last time you had a good laugh and how it made you feel.
2. Share your story with a co-worker
3. Ask for their story.

A good sense of humor can't cure everything, but data shows laughter can have a positive effect.

Short term benefits: increased endorphin release, lowered stress response, and increased circulation.

Long term benefits: improved immune system, lowered pain levels, and improved mood.

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