



UP YOUR LAUGH QUOTIENT

L

LAUGH LONG AND LOUD. A robust rib-rattler improves not only your mood, but also your health. The physical act of laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity when the world gets a little crazy.

A

ADMIT YOU'RE HUMAN (it's true, isn't it?) and laugh at yourself. People who have mastered "Living 101" take their work seriously, but not themselves. Knowing the difference gives you the keys to the kingdom.

U

UP YOUR LAUGH QUOTIENT. Nothing may be more important to your health and happiness, the average American laughs 15 times daily. So eat your broccoli and get a mega dose of Vitamin L every day.

G

GENERATE MIRTH wherever you go. Good humor is the best business and social lubricant. It smoothes understanding, communication and cooperation. Make it your mission to elicit as many smiles as you can each day.

H

HELP YOURSELF SUCCEED without stressing out. Humor is nature's antidote for tension. Let it be your secret weapon when you're up to your eyeballs in alligators. It's fast, it's fun, it's free. No other stress buster can make this claim!

T

TAKE YOUR FUNNY BONE TO WORK. Instigate laughter on the job. Treating co-workers with respect and a sense of mirth does miracles for teamwork and trust.

E

EMBRACE THE NOTION that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt. Follow the lead of Lincoln, Reagan and JFK who knew that humor is vital in overcoming adversity.

R

REMEMBER THAT LAUGHTER and longevity go hand in hand. Grumps don't live longer—it just seems like it. A buoyant outlook may be more important than oat bran and pushups, and it's easier to take. So get in the zone;

LOVE LIFE, LAUGH A LOT, LAST LONGER

HelpPeopleSM
Employee Assistance Program

470-7447 or 800-777-6110

