WORKING FOR A HEALTHIER TN

April

National Humor Month

Love to laugh? Have pun. Just do wit. Share a joke today!

Laughter is the best medicine! Laughter and joy lead to improved well-being, boosted morale, increased communication skills and an enriched quality of life.

Create opportunities to laugh!

- Watch a funny movie, TV show or YouTube video
- Read comics
- Seek out funny people
- Share a good joke or a funny story
- Check out your bookstore's humor section
- Play a game
- Play with a pet
- Try laughter yoga
- Goof around with children
- Do something silly
- Make time for fun activities