

# Stress FUNdamentals

## Laugh the stress away

Week 3



## Employee Guide

Laughter is a great stress management tool that can help you physically and mentally. The health benefits of laughter range from feeling good to strengthening the immune system to raising your threshold of pain. Laughter is a universal language and everyone has the ability to do it and reap the rewards.

A research study showed that preschool children laugh up to 400 times a day, while adults laugh a mere 17 times per day on average. It's very easy to get wrapped up in the daily stresses of life, but it's important that you learn how to lighten up and use humor to help you get through stressful situations.

This week's goal is to introduce you to the health benefits of laughter and help you develop strategies to incorporate more humor into your life.

### Week 3 handouts

**Laugh more, stress less** – Discover the health benefits of laughter.

**Embrace laughter** – Use these tips to help improve your sense of humor and add more laughter to your life.



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# Getting started



## Read Week 3 handouts

Review the benefits of laughter and think about activities you can do to add humor to your life. Start with the tips provided in the handouts, and you'll be on your way to reaping the benefits of laughter.

## Discover what makes you laugh

Keep a journal and write down funny occurrences, situations and jokes. Include a list of the things and/or people that make you laugh.

## Share humor

Laughter is contagious! Share appropriate humor with your coworkers, friends and family to make others laugh, too.

## Accentuate the positive

If you're dealing with a negative situation, try to find a positive angle in it. Most situations have at least a nugget of humor.

## Put a smile on your face with helpful online resources

Visit Blue Access® for Members and follow the links to the Personal Health Manager to find the *Healthwise Knowledgebase*. You'll laugh out loud when you discover the wealth of information at your fingertips!

Next week, laugh your way into Week 4 and discover helpful tips and tools to effectively manage your finances and prevent stress.