



# Look on the Light Side



Laughter is a proven stress reducer. A good belly laugh improves breathing and reduces muscle tension. Humor even changes brain chemistry, releasing endorphins that increase your sense of well-being, improve your reasoning powers and make you less sensitive to pain.

All of us can laugh at a good joke, but what about real-life situations? Those who learn to find humor even in some of the grim realities and emotion-packed challenges of daily life have an edge on peace of mind. But this mindset takes practice. The following situations range from minor annoyances to life crises. How could humor ease you through? Add some events from your own life.

Situation	The Light Side
You have a flat tire in rush-hour traffic.	I've always wanted to change a tire in front of an audience.
Someone spills coffee on your new hand-painted silk tie/dress.	Now it's really a "hand-painted" original.
You lost your job.	Oh boy! Now I have time to fix those leaky faucets.
You missed your plane.	
Your best friend is getting a divorce.	