

Doing a Body Good

According to health experts, 100 laughs a day provide a cardiovascular workout equal to 10 minutes of rowing or biking. Additionally, laughter stimulates stress release the same way exercise does.

Laughter also helps fight infection by sending hormones into your bloodstream that cut the immune-weakening effects of stress. Proverbs 14:30 puts it this way: "A heart at peace gives life to the body."

The demands and unknowns of work in Life Care, Century Park and Life Care at Home can be like a giant pressure cooker. Laughter is the safety valve that lets the steam escape before there is an explosion. Lighten up and loosen up when possible and appropriate. Laugh at the absurdities of life, and poke some fun at yourself.

Strive to be a source of laughter on the job and wherever you go.

The place to be happy is here. The time to be happy is now.

The light in the eyes (of him whose heart is joyful) rejoices the hearts of others (Proverbs 15:30).

--Beecher Hunter