

# Laughter

## BREAK YOUR STRESS CYCLE

Laughter enhances your intake of oxygen-rich air, which stimulates your heart, lungs, and muscles, and increases endorphins in your brain, resulting in a relaxed feeling.



Take a little time each day to find the funny where you can. A deep belly laugh can do wonders!

Visit [swbhp.org](http://swbhp.org) for more information about *Breaking Your Stress Cycle*.