

Learn to Laugh You'll Live Longer.

Did you know that laughter is good for your health?

The human brain is wired in such a way that it cannot produce stress hormones and “feel good” endorphins at the same time. As soon as you start to laugh, your brain makes the switch. So whenever you're feeling stressed, just start laughing. It makes no difference to your brain whether your laugh is “forced” or not. You still get the benefits.

Humor may be your best defense against the stresses of life. Laughing can:

- Reduce stress
- Help you relax
- Lower blood pressure
- Make you “feel” better
- Improve how the brain works
- Protect your heart
- Improve relationships

The world isn't going to become less stressful any time soon. So, laugh all you want. Say, have you heard any good jokes lately?

If you would like more information on Heart Health – blood pressure, cholesterol and triglycerides, call Health Education and Wellness at **877-5356**.



Good health takes a good plan. SM

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