

02 February 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Comic Relief

Releasing laughter can reduce stress, soothe tension, and stimulate your heart, lungs, and muscles. So maybe it is true when they say laughter is the best medicine! Explore five ways to get a good laugh:

- **Watch a funny movie**
- **Stream your favorite comedian**
- **Relive your favorite funny moment**
- **Learn a new joke**
- **Try laughter yoga**

**Scan here to try
laughter yoga!**

