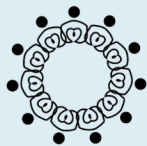




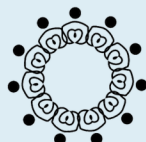
**Laughter  
is the  
Best  
Medicine**



# Laughter is the Best Medicine

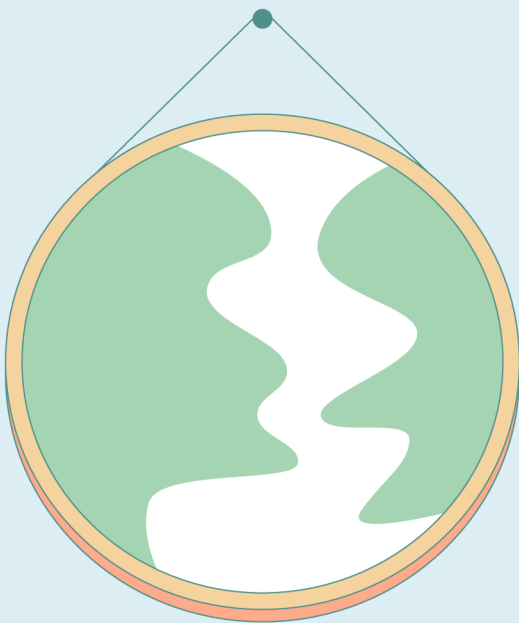
## What You'll Need!

- **A mirror to observe your laughter**
- **A playful attitude to embrace the exercise**
- **A partner or group (optional) for shared laughter**
- **A comfortable space to relax and enjoy the moment**



# Laughter is the Best Medicine

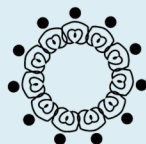
**Laughter is a powerful way to bring mindfulness to the present moment! This playful exercise helps you tune into your body, let go of stress, and enjoy the simple joy of laughter.**



**Step 1:** Stand in front of a mirror and start laughing – yes, even if it feels silly at first!

**Step 2:** Notice what happens in your body as you laugh:

- Do your eyes crinkle?
- Are your cheeks lifting?
- Is your belly laughing too?
- What about your shoulders—are they loosening?

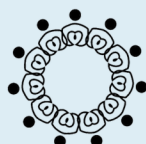
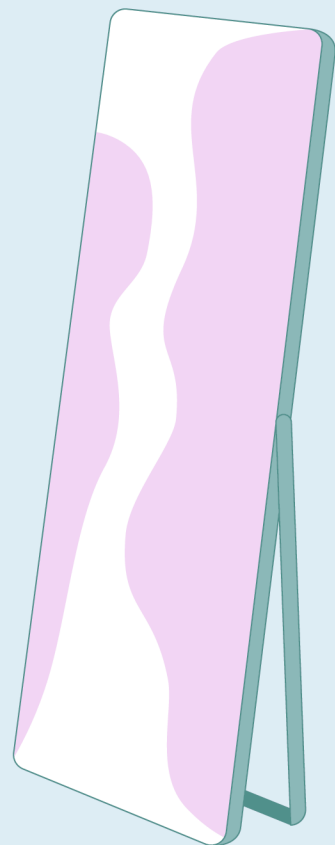


# Laughter is the Best Medicine

**Step 3:** Try laughing with a partner or a group – often, laughter is contagious!

**Laughter can help release tension, boost your mood, and bring you into the moment.**

**So go ahead - laugh it out!**



# Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

