

## You Gotta Laugh: by award-winning author and stress relief expert Susie Mantell

*Laughter really may be the best stress-reliever of all. It's certainly up there! Laughing reminds us who we are inside when we've been acting grown up for just a little too long. Another stunningly simple way to chase the blues is to smile. Just a little non-committal half smile can do the job. Next time you're feeling blue, try it!*

### 10 Signals That Stress May Be Affecting the Quality of Your Life

1. The idea of a day off appeals a lot. There just isn't time!
2. Your molars are touching, but there's no food between them.
3. The person in the mirror looks a lot like you — only crabbier.
4. Co-workers ask, "How ya doin'?"
  - a. They find themselves regretting it for the next 45 minutes while you drone on or...
  - b. They've stopped asking.
5. You laugh out loud, and the sound surprises you a little.
6. You find your shoulders somewhere up around your ears.
7. You overhear someone saying you're "always in a bad mood."
8. Inhaling deeply, filling your lungs with clean fresh air, you notice it feels unfamiliar and maybe even a little uncomfortable.
9. When you turn out the lights and put your head on the pillow, the movie in your head begins.
10. You cannot say for sure when the last time you felt great was!

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