

Suggestions for Laughter Possibilities

Place this card somewhere where you will see it every day and remember to expose yourself to something funny throughout the week (remember that if you don't feel like laughing, it is OK...whether you laugh or not, seeing others laugh has benefits).

Some ideas are:

- google "funny animal videos" or babies laughing
- find a movie you've laughed at before and view it
- find a stand-up comedy show to attend or watch
- gather with friends and family and tell funny memory stories

God of Delight,

**I give you thanks for good humor and joy!
Open my eyes to the light of possibilities,
even when the day ahead holds difficulties.**

Be with me, near me, beside me.

Amen.

