



Laughter's No Joke

October 5-31

Laughter is a potent tool for stress relief and is a necessity in today's fast-paced world. Discover the physical, social, and mental health benefits gained through laughing and find ways to incorporate humor in your daily life.

Schedule

WEEK 1

Laugh Your Way to Health

Physical benefits of humor and how your body responds to laughter.

WEEK 2

Your Brain on Laughter

How humor impacts mental health and influences thoughts and emotions.

WEEK 3

Laugh Your Way through Stress

Using laughter to override the body's stress response.

WEEK 4

Connecting to Others through Laughter

Use humor to enhance social connections with friends, family and co-workers.

**REGISTER
TODAY**

or at pehp.org
Sign up early to receive all the weekly emails

Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org