

# Wellbeing Tip of the Week

Commit to something that brings you joy



This week we want to focus on committing regularly to something that makes you feel good. Joy and laughter are medicinal, research has shown that laughter increases serotonin and endorphins in the brain, replenishes the lungs, relaxes muscles, eases tension in the body and strengthens our immune systems. Laughter also relieves everyday worry and stress, adds positivity and resilience to life, improves overall happiness and mood, and helps ease worry and fear.

Your go-to joy may be watching funny TV shows, playing with your pet, meeting friends or family, listening to music or going through old photos and videos. Whatever it is, investing in joy is not a waste of time. To start off, aim to have 30 minutes of joy every week, then increase this to at least 30 minutes a day. Enjoy!