

Just  
for fun...



# Laugh

August 2020 Newsletter



*Featured  
Article:*

## **Your daily dose of laughter — are you getting enough?**

In these challenging times, laughter can make you feel better. [See why...](#)



*Monthly  
Awareness:*

## **Vaccinations: Miracles of modern healthcare**

Vaccines have helped improve life for our kids and us. [Learn how...](#)



*Let's Talk  
video:*

**Becoming a pet parent** | Are you ready to be a pet parent?  
[Get some tips and ideas here...](#)



*Podcast:*

## **Think Tank — Why pets are everyone's best friends**

Pets are loyal and always there for you. [Listen to this podcast to learn why your pet really can be your best friend...](#)



*Infographic:*

**Family fun ideas** | Running out of fun activities? [Here are some fresh ideas...](#)

**Getting help** | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!



# Your daily dose of laughter — are you getting enough?

“Did you hear the one about....?” Lots of jokes start off that way. And even when you’ve heard a joke before, you often still have a hearty laugh.

## Laughter’s good for you

Researchers have found that laughing has important physical, social and emotional values.

- 1. Physically**, laughter can help improve circulation and provide an aerobic workout for your lungs and muscles. Laughter helps you sleep better. And it boosts your immune system — giving you more protection from catching colds and such.
- 2. Socially**, laughter connects people. When people share a good laugh, a bond is created. Encouraging some humor in the workplace doesn’t distract workers; instead, it spreads positive feelings and team spirit. As a result, laughter can help increase productivity.
- 3. Emotionally**, laughter has many benefits. Laughing releases serotonin – the “feel good” chemical — into your bloodstream. So it can help you cope with difficulties, pain and stress. It helps perk up your mood.

## Wait, there’s more!

Did you know humor can keep you looking younger? Researchers have found that each time you smile and laugh, you use 15 muscles in your face. Those muscles receive increased blood flow and that helps you look younger and healthier.<sup>1</sup>

So keep that youthful glow and enjoy lots of other benefits by seeing the fun and humor around you each day.

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<sup>1</sup>[Top ten health benefits of laughing](#). Accessed July 2020.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.





# Vaccinations: Miracles of modern healthcare

Long ago, diseases like smallpox, whooping cough and yellow fever killed many people. There were no vaccines and, in many cases, no effective treatments.

In 1796, life changed: Edward Jenner, an English doctor, administered the first vaccine. He vaccinated an 8-year old against smallpox. And it worked. Since then, many more vaccines have been developed.

## Today's vaccines protect us all

Vaccinations — or immunizations — can offer protection from many diseases. Thanks to vaccines, illnesses like polio, diphtheria, chicken pox, measles, tetanus and hepatitis A and B are now preventable. Even as you're reading this, scientists are hard at work on a vaccine for COVID-19.

## Available and effective

Vaccinating your kids protects them — and guards against the spread of disease to other kids and even adults. Vaccinations can save you stress, time and money related to lost work hours and medical expense. Finally, vaccinating your children protects them from suffering through illnesses that are preventable.

## Learn more here

You can read more about vaccination at [cdc.gov](https://www.cdc.gov). Also, visit [Vaccines for Kids](#) to learn about financial help that may be available for vaccinations.

Remember: Your child's doctor can answer any questions or concerns you may have about vaccinations.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

# Family fun ideas

Having fun as a family doesn't have to break the budget. Here are just a few ways to have easy, low-cost fun even during a pandemic:



Plan a picnic  
in the park



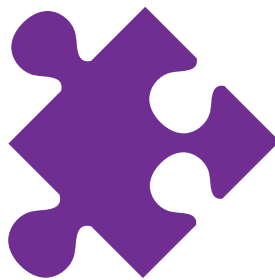
Participate in a  
socially distanced  
volunteer project



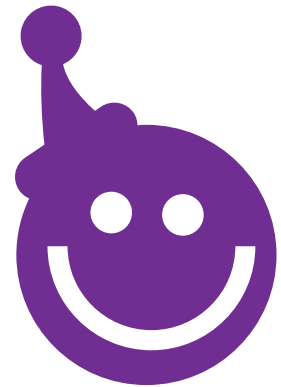
Try some new  
outdoor games



Watch a movie or  
go to a drive-in



Try out new board  
games or new  
puzzles



Make fun  
a priority

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