Laughter is Good Medicine for Hep C

December 21, 2016 By Connie M. Welch

Don't take anything for granted. See life as an incredible gift—not as an entitlement. Take a light heart approach to your day. Make room for Joy. Make room for Laughter. Think out of the box today and try not to look at everything so seriously. Be on Joy Hunt today.

Make a thankfulness journal, noting ten things each day that you are thankful for and brings you joy. Make a point today to look at life through a different lens. Look outward instead of inward.

Gather each memory as a priceless treasure. Watch a funny movie, or read a fun book, something that makes you laugh. Laughter ushers in joy and can make a day brighter. Laughter is good medicine for your whole being.

"This is the day the Lord has made; let us rejoice and be glad in it." Psalm 118:24 NIV

A cheerful look brings joy to the heart, and good news gives health to the bones. Proverbs 15:30 NIV

Pleasant words are a honeycomb, sweet to the soul and healing to the bones. Proverbs 16:24 NIV

Thoughts to Ponder

Choose to be happy. Barbara Johnson tells it so well, "Pain is inevitable, Misery is a Choice."

Nothing comes into our lives by accident; and no matter how bad it makes you feel, it didn't come to stay—it came to pass! -Barbara Johnson

A Smile is a light in the window of your face that shows that your heart is at home.

Laughter reduces muscle tension and has even been known to have the same effect on a headache as aspirin or other pain relievers.

If you laugh at yourself and the circumstances, you've regained control. Circumstances will not control you if you turn them around and make something funny out of them. When you do, you're in charge instead of it being in charge of you. —Barbara Johnson

Lord, thank you that you created us to experience joy and laughter. Help me to see today through your eyes, lighthearted and fun. Forgive me when I've chosen to be grumpy over joy. Thank you for all the blessings that you overflow in my life daily.

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