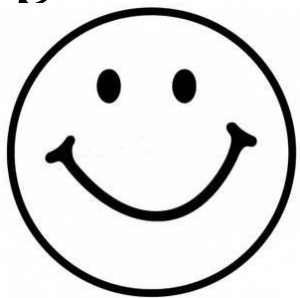


Stall Street Journal

Created by Geneva High School REALITY students

Laughter is the best medicine!



Get Giggly!

- Surround yourself with funny people!
- Watch funny, (and appropriate,) movies
- Read humor books (i.e. the comics/Sunday funnies)
- Let yourself laugh, even at your mistakes
- BUT REMEMBER...keep it kind. Teasing might inspire laughter, but that kind of humor can be hurtful.



Brain Insane, The Causes Of Laughter:

- Laughter increase blood flow, resulting in healthier blood vessels.
- Chuckling actually decreases your risk of heart disease.
- 10-15 minutes of laughing can burn 50 calories, which is way better and more fun than those fad diets.
- Good humor may help prevent depression!
- Laughter will truly help you deal with stress much more efficiently.



Jokes For You Folks!

Use these funnies to brighten not only your own day, but also your friends and classmates!

- Q: What would you get if you crossed a teacher with a vampire?
A: A lot of blood tests!
- Q: Why were the early days called the dark ages?
A: Because there were so many knights.
- Q: What kind of cereal do Eskimos eat?
A: Ice Krispies

And Remember: It Takes More Muscles to Frown than it Does to Smile!
(It takes 26 to smile, and 62 to frown!)