

*April Mental Health and Wellness Theme:*  
*Laughter is the Best Medicine*

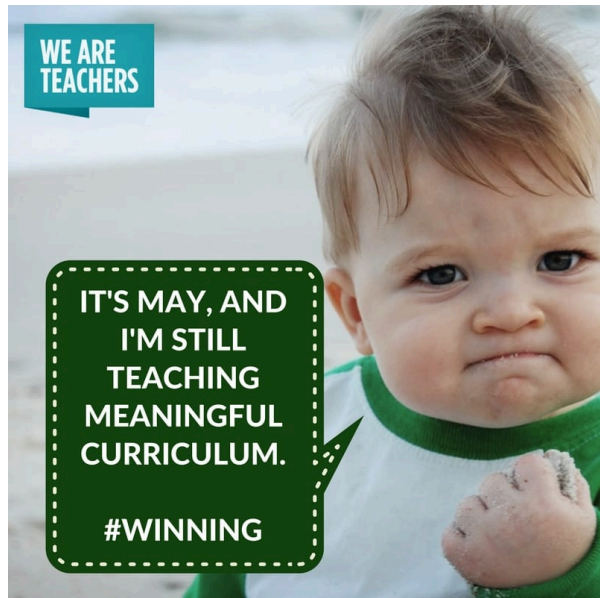
**NOTE: ALL RPSTA members will be entered to win a 2 books and a coffee gift card**

**Laughter is the Best Medicine:**

It's fun to share a good laugh, but did you know it can actually improve your health? Learn how to harness the powerful benefits of laughter and humor.

- Laughter relaxes the whole body
- Laughter boosts the immune system
- Laughter burns calories

[Click Here to find out more](#)



**Stress Relief from Laughter? It's No Joke**

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered.

[Click here to find out why.](#)



## **Benefits of Humor & Why You Should Incorporate it into Your Classroom**

-A Sense of Humour is Essential For Teachers

- Prevents Burnout
- Reduces Stress

-[Click here for more info!](#)

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