

SMILE

(To the tune of "Battle Hymn of the Republic")



It isn't any trouble just to s-m-i-l-e,
It isn't any trouble just to s-m-i-l-e,
So smile when you're in trouble;
It will vanish like a bubble,
If you only take the trouble just
to s-m-i-l-e.

It isn't any trouble just to g-r-i-n, grin
It isn't any trouble just to g-r-i-n, grin
So grin when you're in trouble
It will vanish like a bubble,
If you only take the trouble just
to g-r-i-n, grin

It isn't any trouble just to l-a-u-g-h,
It isn't any trouble just to l-a-u-g-h,
So laugh when you're in trouble;
It will vanish like a bubble,
If you only take the trouble
to l-a-u-g-h.

Ha-ha, Ha-ha Ha-ha Ha-ha Ha-ha
Ha-ha Ha-ha-a
Ha-ha Ha-ha Ha-ha Ha-ha Ha-ha
Ha-ha Ha-ha-a
Ha-ha Ha-ha Ha-ha Ha-ha;
Ha-ha Ha-ha Ha-ha Ha-ha-a
Ha-ha Ha-ha Ha-ha Ha-ha Ha-ha Ha-
ha Ha-ha-a

ACT HAPPY .com

Prescribing happiness is good medicine!




LIVE IT UP!
and LAUGH for
the HEALTH OF IT!



NSA Convention
July 9-12 2007
Manchester GRAND HYATT
San Diego, California



FOR FEDERAL LAW PROHIBITS TF 

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ACT  HAPPY

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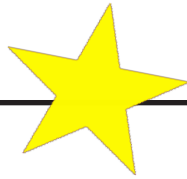
BELLY LAUGH 15 SECONDS TWICE DAILY

REFILL AS MANY TIMES AS NEEDED EXP: NONE

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ENDORPHINS:

The “Chemistry” of the Happy Role



MIND/BODY BENEFITS

REDUCE:

Pain
Tension
Fear, Anger, & Depression
Appetite
Inflammation

INCREASE:

Immunity
Well-being (euphoria)
Longer, Healthier Life

SOCIAL BENEFITS

Popularity
Appearance
Income, Productivity
Learning
Creativity, Perceptiveness
Confidence, Courage
Optimism
Physically Active

Getting My Act Together

ACTitude Assessment

Achieve—and maintain—a happy, healthy (and wealthy) mind-body connection with this ACT-titude assessment guide. Here’s a partial list of activities and thoughts that make you FEEL good, pick you UP and turn you ON. Ask yourself:

- What are my aromas of fun-funny/happy/healthy?
- What are my colors of fun-funny/happy/healthy?
- What are my tastes of fun-funny/happy/healthy?
- What are my sounds of fun-funny/happy/healthy?
- What are my costumes of fun-funny/happy/healthy?
- What are my postures/poses of fun-funny/happy/healthy?
- What are my movements of fun-funny/happy/healthy?
- What are my props of fun-funny/happy/healthy?
- Who are my supporting players of fun-funny/happy/healthy?
- Who are my role models of fun-funny/happy/healthy?
- What makes me laugh out loud – at work, home, alone?
- What is my happiest/funniest TV show, book, cartoon, joke, movie, pun is _____?

CRIB SHEET

FUN, Happy, Healthy ACT UP, OUT and FORWARD

Body: Expand, broaden, widen, arch, stretch, reach, roll, open, push, move UP, OUT, FORWARD. Focus on your head, neck, shoulders, back, arms, legs, and hands. Supple and light.

Face: Eye brows arched up, forehead up, mouths and lips in a smile. Keep the face mobile, changing, radiant, and alert.

Eyes: Open wide, sparkling, shining, flashing, searching, seeing and making contact.

Thoughts: Be “a part of” not “apart from,” think in terms of “you, we and us;” happy, positive, sensual, searching, exploring, developing, and outgoing.

Motion: Stable, strong, sure steps, bouncing and dancing.

Breath: Steady, deep, strong inhalations that expand the chest UP, OUT, FORWARD followed by strong, steady or explosive exhalations.

Voice: Louder, higher, faster, varied musical tone/rhythm/tempo/pitch, raise.

Hygiene: Hair clean and styled, fingernails and teeth cleaned regularly.

Condition: Balance, stability, strength, flexibility, energy.

Skin: Warm, moist, smooth, soft.

Colors/Costume: Bright, Light, Flashy, Varied, pattered—fashionable.

Taste/Aroma: Pleasing, fresh, natural—peppermint, cinnamon, popcorn—your favorite.

Stage: Arranged, charted, planned and uncluttered.

Cast: Familiar, friendly, supporting, welcoming, attractive, cheerful.

Rehearse: Studied, prepared, readied

