

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

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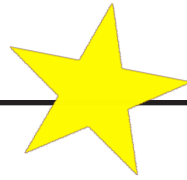
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BELLY LAUGH 15 SECONDS TWICE DAILY

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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

NOTES

ENDORPHINS: The "Chemistry" of the Happy Role

TURN IT ON BY:

LAUGHTER: "The best medicine"

SMILING: "Put on a happy face"

EXERCISE: "The runner's high"

SELF-TALK: Posi"tive "ME"ntal"l"mage - Opt"l"mistic

PLACEBO: Bel"l"eve in m"l"racles

RECOGNITION: Award, reward, "passage," accomplishment

EATING: "The best way to a ___'s heart is through ___stom-
ach"

NATURE: Sunlight, time of day, weather

SIGHT: Beauty, color, light -yellow, pink, green, etc.

SOUND: Rhythm, tempo, pitch - chants

TOUCH: Texture, temperature

SMELL: Peach, Cinnamon, Chocolate

TASTE: Fat, "Hot," spice

"C" PERSONALITY

CONNECTION: Hugs, "romance," family, friends, prayer, church, clubs, associations, crowds, teams, home, home-field, TV, newspapers, magazines, music, animals, plants teach

CELEBRATION: Rituals, parties, cheer, "song"

CHALLENGED: Confrontation is Fundamental, Life is a game that's FUN to play

COMMITTED: Cause, Concentrate, Commence, Course

CONTROLLED: Competent, confident, trained, rehearsed, certain

CONDITIONED: 3 "S's" - Stamina, strength, stretch

PAIN (acute): Trauma, TENS, Acupuncture

STRESS (acute): Fear, anger, sadness, cry

ENDORPHINS LOWERED BY:

POOR PHYSICAL CONDITION

PAIN (chronic)

POOR POSTURE

PAIN MEDICATIONS

POOR SLEEP

STRESS (chronic)

POOR FINANCES



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 _____?



The list goes on—of activities and thoughts—that make me FEEL good—that pick me UP—that turn me ON. And if these activities and thoughts do no harm to me or others—I'm going to do them MORE and MORE and MORE. Because. . .

Pleasant, fun-funny/happy/healthy/wealthy feelings are INNER-taining body chemistries—which enhance my physical and social success.

I can BANK on them. Curtain UP! You're ON! ACT NOW!

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, patternen—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





The Paraphrased, Massaged & Doctored Wisdom of Constantin Stanislavski (1863-1938)

The METHOD OF ACTING is a creative process of living and experiencing organically a desired role. This METHOD OF ACTING enables YOU to create the image of that desired role—breathe the life of human spirit into that character and then—by natural means—embody it with artistic beauty.

To play the role, YOU must know how to put on and wear a costume, and how to use proper body language and stage props appropriately. YOU can do this, only when you feel YOURSELF in the part and the part in YOURSELF.

Bring YOURSELF to the point of IN-ACTing a new role concretely. AS IF it were YOUR life. And when YOU sense this real kinship, then this newly created being will become soul of YOUR soul and flesh of YOUR flesh. This AS IF acting is a lever to lift YOU into a world of a new chemistry.

YOU, the (_____) must above all believe in what is happening around YOU and in what YOU are doing. Truth cannot be separated from belief, nor belief from truth. YOU must believe in what YOU say and do and YOU will be convincing.

For YOU to establish the right (_____) state it is essential to work step by step to establish HABITS. Piecemeal this habit system enters YOU until IT (the chemistry) becomes incorporated a second nature. At all times and in all places the (_____) must constantly practice to achieve a true (chemistry) feeling.

This capacity to transform YOURSELF, body and soul, is the prime requirement for a successful (_____) performance. Acting the (_____) part is a whole way of life. YOU can not do it all at once.

YOU develop the talent to be a/an (______). And the more talent YOU develop the more YOU will care about technique.

Then for YOU the (______), the difficult becomes habitual, the habitual becomes easy and the easy becomes BEAUTIFUL!