The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Laughter has been shown to influence physiological and psychological well-being, and to influence health outcomes. It can reduce muscle tension, improve cardio-respiratory functioning, and reduce stress and anxiety. Even fake laughing can help.

Take a break with the best medicine: Laughter

- Explore what it is you think is funny. Do you crack a smile and chuckle when you hear smart jokes? Do you laugh at kids doing funny things or at the things they say? Are you a helpless, apologetic, sick mess like me that can’t help but laugh when people fall down? (I know it’s not funny.)

- ‘Google’ what makes you laugh. Take 5 minutes and share a funny YouTube video, or your favorite joke. Read a funny story, or go walk past the child care center. If kittens in costumes or dog shaming cracks you up, give yourself a chuckle. You’ll be better off for it.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center