

Building Integral Resilience and Big Heart IQ in 5-minutes a day!

Integral Resilience is the Rosetta Stone for **Behavioral Change** underlying Robust Health, Life Force, Imagination, Creativity, and Longevity. What if it can be cultivated in 5 minutes of practice per day?



Humor

“Humor is another of the soul’s weapons in the fight for self-preservation.” (Victor Frankel)

“What was that?” (attributed last words of Voltaire)

Audio

Actions:

- **Ha, Ha, Ha!!** (3x per day/each week) (Just try it!)
- **Lighten it, Brighten it.**
- **Living life with warmth, kindness, and cheery ways.**

Resilience Advantage

- Scientific studies confirm that continuous doses of humor can alter our brain chemistry and build resilience,
- And laughing a lot closely links to living longer!

References:

- [Humor and Resilience](#)
- [Syd Caesar Visits a Health Food Restaurant](#)
- [Children Interrupt BBC newscaster](#)
- [Laugh Lots, Live Longer – Scientific American](#)