

Katie Rhodes

### #1 Belly Laughs

Laughing is very important. Especially to me. Laughing or making people laugh is one of my favorite things. My days at school go by much faster when I'm having fun and it is full of laughter. My days are long and dreadful when I'm tired and lifeless. Sometimes I laugh so hard my stomach starts to hurt. Sometimes when we get older we don't let ourselves laugh and enjoy things as much. The older you get, the more important laughter and fun is. You have so many stressors that come from being an adult and laughing might fix some of that stress. Laughing is good for you. It makes you feel better, it is actually exercise, and it is good for the whole body. People are naturally drawn to people that make them laugh. People like funny people. Jokes make people feel good and laughing with friends and family feels good. Sometimes on bad days all we need is a little laugh to cheer us up.

### #Affirmations

I think affirmations are so important but social media has ruined it. Social media has created this cringy negative attitude towards self talk. That it is selfish to stand in front of a mirror and tell yourself you are beautiful or to be kind to yourself when you aren't doing great. Affirmation is so important though. The person that is the most mean is yourself. The things that hurt the most come from your own brain. Everyone can get over what other people say but the voice that never leaves your head is your own. Being kind to yourself is so important because sometimes you are the only one that is going to be nice to you. If you say something enough, you start to believe it. Positive self talk is not cringy and it needs to be done. It is hard sometimes, especially on rough days, but it is important to speak to yourself in a way you would expect from others. If you wouldn't let someone else talk to you like that, don't talk to yourself like that.