

Louisiana DISTRICT Couple Of The Year

July 2020

These times are difficult for all of us. We miss our friends, our families, our rides, fun activities and, sometimes, even simple things like going to the grocery store. But there are some simple things we can do to brighten our lives.

We will start with just two things that have been proven to make us feel better in so many ways:

Laugh often!

Laughing raises the “feel good” hormones in our brains and has a positive effect on our whole body. Take every opportunity to laugh. And laugh long and hard! If you have trouble finding something to laugh about just Google “funny videos”. There are also many funny videos on YouTube. You will find yourself giggling and sometimes laughing out loud. Give it a try.

Lower your stress!

Stress can rob us of our joy and harm our health when we allow it to dominate our lives. When we concentrate on our loved ones and the things we love, our lives calm down and our stress reduces causing our happiness to grow and our bodies to relax and be healthier.

To lower our stress, Ray loves working in his woodworking shop. His latest project is a filtration system to collect the sawdust. I love working with flowers, reading and putting puzzles together.

Also, spend more time in nature. We live in a beautiful world. Enjoy it! Plants, animals, and sometimes, just looking at the beautiful blue sky above us can make us feel happier and calmer. We have to “**accent the positive and eliminate the negative**” as much as we can. Remember that song? It is still excellent advice for us all!

Till next time, wishing you all happiness, health, lower stress and safety. Looking forward to seeing you all again real soon!

Ray and Kaye Keller

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