laugh to SUR-VIVE

Emergency protocol

Keep laughing.

Keep living.

The 5-minutes Sur-Vive RESET

- [ ] Warm up with the vowels A-O-U-I-E
- [ ] Breathe deeply enough to smell your favorite food.
- [ ] Activate your whole body. increase your energy
- [ ] Listen to the sounds around (and within) You.
- [ ] Clap your hands and press on your magic points.
- [ ] Laugh at least 30 seconds EVEN if you don't feel like it.
- [ ] Do it! Share and Repeat, every day.