ACT HAPPY™ .com

Prescribing happiness is good medicine!

CREATE the CHEMISTRY of PEAK PERFORMANCE and LAUGH for the HEALTH OF IT!

Dale L. Anderson, M.D.
www.acthappy.com

ENDORPHINS

The CHEMISTRY of the HAPPY ACT

MIND/BODY BENEFITS

- Pain
- Tension
- Fear, Anger & Depression
- Appetite
- Inflammation
- Immunity
- Well-being (euphoria)
- Longer, Healthier Life

SOCIAL BENEFITS

- Popularity
- Appearance
- Income, Productivity
- Learning
- Creativity, Perceptive
- Confidence, Courage
- Optimism
- Physical Activity

TURNED ON / TUNED UP

LAUGHTER	Best Medicine
SMILING:	Put on a Happy Face
EXERCISE	Runners High
SELF-TALK	Pos**I**t**I**ve **ME**ntal, **I**mage
PLACEBO	Bel**i**eve in m**I**racles
SUCCESS	Award, Reward, Passage
NATURE	Sun, Weather, Season
SIGHT	Beauty, Color, Light
SOUND	Rhythm, Tempo, Pitch
TOUCH	Texture, Temperature
SMELL	Holiday, Fresh, Favorite
TASTE	Spice, Rainbow
SLEEP	Time, Place, Prepare

TURNED OFF / TUNED DOWN

PAIN (chronic)
PAIN MEDICATIONS
STRESS
POOR PHYS. Condition
Balance, Strength, Stretch
POOR POSTURE
POOR SLEEP
POOR FINANCES
PESSIMISM
NEGATIVE NEWS
NEGATIVE PEOPLE
CLUTTER, MESS
All Problems MINE ALONE

KILLER TURN ONS!

Sugar, Salt, Grease, Drugs, Tobacco

Dale L. Anderson, MD

www.ActHappy.com

ACTitude Assessment

Getting My Act Together WELL

by Dale Anderson, MD www.ActHappy.com

YOUR a partial list of activities and thoughts that make *YOU* FEEL good, pick you UP and turn you ON.

Ask yourself:

- What are my **aromas** of fun-funny/happy/healthy?
- What are my **colors** of fun-funny/happy/healthy?
- What are my **tastes** of fun-funny/happy/healthy?
- What are my **sounds** of fun-funny/happy/healthy?
- What are my **costumes** of fun-funny/happy/healthy?
- What are my **postures/poses** of fun-funny/happy/healthy?
- What are my **movements** of fun-funny/happy/healthy?
- What are my **props** of fun-funny/happy/healthy?
- Who are my **supporting players** of fun-funny/happy/healthy?
- Who are my **role models** of fun-funny/happy/healthy?
- What makes me **laugh out loud –** at work, home, alone?
- What is my **happiest/funniest** TV show, book, cartoon, joke, movie, pun?

The list goes on of activities and thoughts—that make me FEEL good—that pick me UP—that turn me ON. And if these activities and thoughts do no harm to me or others—I'm going to do them MORE and MORE! AND SHARE these GOOD FEELING with others.

Because—Pleasant, fun-funny/happy/health/wealthy feelings are INNER-taining body CHEMISTRIES—which INhance physical, mental and social success. The TRANCEformation is DRAMATIC.
I can BANK on IT!

ACT™ HAPPY.com

Prescribing happiness is good medicine!

ACT HAPPY CRIB SHEET

UP, OUT, FORWARD,
Open, New, Novel, Fun

Body: Focus on head, neck, shoulders, back, arms, legs and hands. UP, OUT, FORWARD, OPEN. Expand. Broaden. Widen. Arch. Stretch. Reach. Un-roll. Supple. Light.

Motion: Light. Sure. Bouncing. Dancing. Floating. Supple. Balanced.

Physical: Strong. Stable. Flexible. Energetic. Controlled. (Gymnastic)

Face: Brows arched up, forehead and cheeks up, eye "crinkles", mouth & lips up, teeth showing. Mobile. Changing. Radiant and alert. Made-UP. Vivid. Defined.

Eyes: Eye-to-eye. Wide. Sparkling. Shining. Flashing. Searching.

Breath Deep, strong inhalations expand and open the chest and arch back. Exhalations strong, often explosive and choppy

Voice/ Laugh Louder, higher, faster, varied musical tone/rhythm/tempo/pitch. Infectious!

Thought: Connecting, equalizing, "part of", caring for YOU, WE, US. Positive, sensual, searching, exploring, developing, OUTgoing. Persistent, UP BEAT, Plan, Passion and Purpose. "REMEMBERED WELLNESS" and success. Visualize OPENING NIGHT/KNIGHT as a STAR!

Hygiene: Clean. Neat. Stylish.

Dress: Bright, Light, Flashy, Varied, Patterned. Fashionable.

Taste/ aroma: Pleasing. Fresh, Natural. peppermint, cinnamon, chocolate, popcorn—FAVORITE

Stage: Arrange. Chart. Plan. Color. Unclutter. SENSE the FUN.

Cast: Friendly. Supporting. Welcoming. Attractive. Cheerful. Familiar

Ready: Rehearsed. Studied. Prepared.

To BE or not to BE—that is the ANSWER!
To DO or not to DO—THAT is the Question

Dale Anderson, MD

www.ActHappy.com

NEUROBICS—INNER-TAIN the BRAIN
GOOD OLD DAYS** can be **NOW!

RE-joice! It's NOT the same OLD ACT—Anymore!

A NEUROBIC performance ACTED ON at any stage.
PLAYS out—WELL—in the theater of daily life.

NEUROBICS Not a work out—**a PLAY IN, a LAUGH IN!**

RE-claim, **RE**-call, **RE**-make !
RE-fire, **RE**-spark, RE-tain and **RE**-claim the Brain.

RE-play old and new SKILLS that—**RE**-Build, **RE**-branch,
RE-charge and **RE**-ACTIVATE the Brain.

RE-pave, **RE**-pair and **MAKE NEW** brain PATHWAYS.
It's NEVER too late to **RE-START a-NEW**!

RE-Live OLD ADVENTURES, SKILLS, TALENTS and FUN!

AIM, AIM, AIM, **RE**-Fire AND **RE**-LOAD!
Crisscross—RE-wire, **RE**-light, **RE**-fire the BRAIN.
RE-search, **RE**-do, **RE**-new OLD skills.
In NEW, DIFFERENT, CHALLENGING, WEIRD, UNTRIED,
STRANGE, OUTRAGEOUS and OUTLANDISH ways.

RE-discover—the CHEMISTRY of FUN, LAUGHTER and GOOD FEELING
RE-play HAPPY theater skills to ACT UP
RE-do, over AND OVER— again AND AGAIN—until REAL

RE-sharpen, **RE**-ACTivate the Senses of
taste, smell, touch, hearing, seeing, balance and DIGNITY.
Alter OLD routine—MAKE **NEW**.
Pursue **FUN**! **Expect pleasure!**

ACT ON a PLAN, PURPOSE, PASSION!
A **RE**ason to LIVE!

www.ActHapppy.com Dale L. Anderson, MD email:dr@acthappy.com
Annie Anderson email:annie@acthappy.com

The Paraphrased, Massaged & Doctored
Wisdom of Constantine Stanislavski (1863-1938)

by Dale Anderson, MD www.ActHappy.com

The **METHOD OF ACTING** is a creative process of living and experiencing organically a desired role. It enable **YOU** to create the image of the desired role—breath the life of human spirit into that character and then—by natural means—embody it with artistic beauty.

To play the role, **YOU** must know how to put on and wear a costume, and how to appropriately use proper body language and stage props. **YOU** can do this, only when Y**OU** feel **YOURSELF** in the part and the part in **YOU**.

ACT "AS IF" it is **YOUR** life! Bring YOURSELF to the point of **IN-ACT**ing a new role concretely. And when **YOU** sense (feel) this real kinship, then this newly created being will become soul of your soul and flesh of **YOUR** flesh.

"**AS IF" ACTING** is a lever to lift **YOU** into a world of a new CHEMISTRY. A NEW **YOU**! —A NEW REAL!

YOU, the (_____) must above all believe in what is happening around YOU and in what **YOU** are doing. Truth cannot be separated from belief, nor belief from truth. **YOU** must believe in what **YOU** say and do and **YOU** will be convincing.

For **YOU** to establish the right (_____) state it is essential to work step by step to establish **HABITS.** Piecemeal this habit system enters **YOU** until **IT** (the chemistry) becomes incorporated as second nature. At all times and in all places the (_____) must constantly practice to achieve a true chemistry (feeling).

This capacity to transform **SELF,** body and soul, is the prime requirement for a successful (_____) performance. Acting the (_____) part becomes a whole way of life. But, **YOU** can't do it all at once.

YOU develop the talent to be a/an (_____). And the more talent **YOU** develop the more **YOU** will care about technique.

AND THEN for YOU the (_____), the difficult will become habitual, the habitual becomes easy and the easy becomes BEAUTIFUL.

CHEMISTRY

C

ACTIONS

THOUGHTS

A T

HAPPY

SUCCESS

Dr. Dale Anderson, MD

ACT HAPPY

PHONE> Rx 651-484-5162

EMAIL> dr@acthappy.com

BELLY LAUGH 15 SECONDS TWICE DAILY

REFILL AS MANY TIMES AS NEEDED EXP: NONE

VOID IF FEDERAL LAW PROHIBITS IT!