

Funniest Moments of the Year

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10 Hit the yoga mat to relieve pain.

—THE PAIN EXPERT

As a treatment for back pain, regular yoga has advantages over more conventional methods like physical therapy, says Peter Abaci, MD, medical director of the Bay Area Pain & Wellness Center in Los Gatos, California. The ancient practice has also been shown to soothe other aches as well—probably because of the way it connects your mind, your breathing, and the movements of your body. “Yoga works the whole body, not just one part,” Dr. Abaci says. “When a person is in chronic pain, usually his whole body changes, and treating only the part that was originally injured or is hurting is not enough.” Find a yoga class at your local gym. Dr. Abaci also recommends this DVD for beginners: *Viniyoga Therapy for the Low Back, Sacrum & Hips with Gary Kraftsow*.

Dr. Peter Abaci is the author of *Take Charge of Your Chronic Pain*.



11 Pick up some sleep shades.

—THE NEUROLOGY EXPERT

The blue light emitted by your computer screen, smart phone, and television stimulates your brain, making it harder to fall asleep. But even insomniacs typically aren't willing to give up screen time for the recommended hour or two before bed, says Lisa Shives, MD. So she's found another solution: blue-light-filtering glasses. Put them on if you're using the computer before bed, and you'll sleep much better, Dr. Shives says. Find them at safetyglassesusa.com/amberlens.html.

Dr. Lisa Shives is the founder of Northshore Sleep Medicine in Evanston, Illinois.

12 To feel better, imagine the worst.

—THE HAPPINESS EXPERT

Don't count your blessings; subtract them. “Consciously spend a few minutes imagining what your life would be like without the good things,” says Timothy Wilson, a psychologist at the University of Virginia. You'll experience stronger feelings of love, gratitude, and happiness when you think about what life would be like without the people and things you love. “And they'll seem surprising and special again,” he adds.

Timothy Wilson is the author of *Redirect: The Surprising New Science of Psychological Change*.