



Laughter: The Best Medicine

Guffaws, giggles, glee—there are many names for a good ol’ belly laugh. Besides the initial joy and release of feel good hormones there are more benefits of laughter. Take the time to tell that silly story, listen to a child’s knock-knock joke or find funny in a pun. Not only will you feel better you will also have short- and long-term benefits.

Short-Term Benefits

- Laughter increases the amount of air you have in your body, which is good for your brain, your heart, your lungs and muscles.
- Laughing increases your circulation which in turn helps release tension.
- When you laugh, your muscles relax, reducing stress.

Long-Term Benefits

- Laughing and thinking positive thoughts can boost your immune system.
- Research shows that laughter may ease pain.
- Laughter can help you in tense or awkward situations.
- Laughing may help with depression and anxiety and improve your outlook on life.

Build Your Sense of Humor

- Look for jokes and cartoons on-line, in newspapers, magazine and books.
- Watch funny movies or go to a comedy club.
- Practice laughing—even if it sounds forced. It will get better.

Word of caution: Not everyone has the same sense of humor. Use your best judgment to determine a good joke from a bad or hurtful one.



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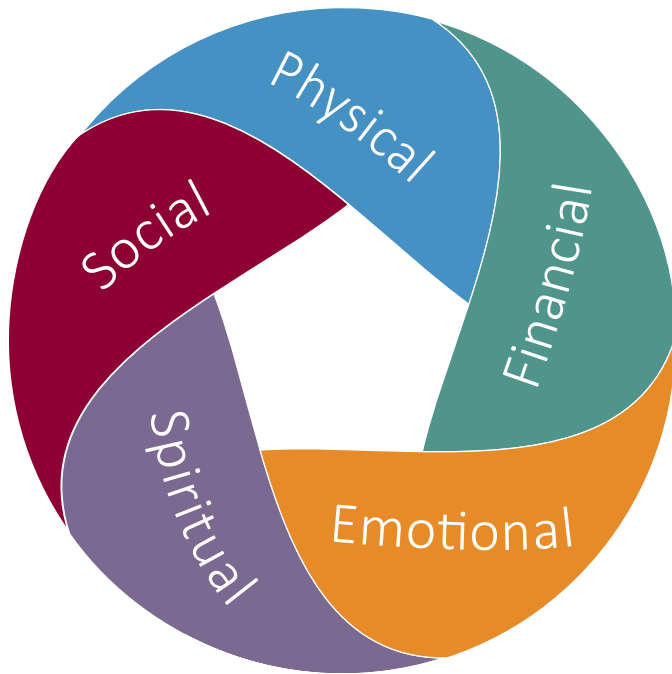
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



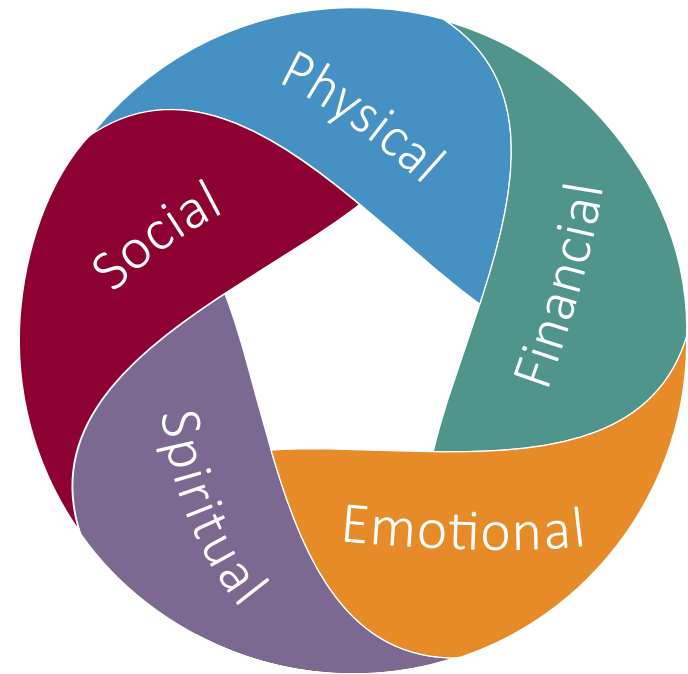
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