



STRESS RELIEF FROM LAUGHTER? IT'S NO JOKE!

WHY LAUGHTER IS IMPORTANT

- Humor and laughter produce a discharge of endorphins with both euphoric and calming effects.
- Laughter lowers blood pressure, epinephrine, and glucose levels, and increases glucose tolerance.
- Laughing elevates the pain threshold and can help break the cycle between pain, sleep loss, depression, and immunosuppression.
- Laughter connects people emotionally, and improves the flow of oxygen to the heart and brain.
- Laughter improves the defense against respiratory infections.
- It improves your job performance, especially if your work depends on creativity and solving complex problems.

Research has shown the health benefits of laughter are far-ranging. Studies so far have shown that laughter can help relieve pain, bring greater happiness, and even increase immunity.

Positive psychology names the propensity for laughter and sense of humor as one of the 24 main signature strengths one can possess.

Unfortunately, many people don't get enough laughter in their lives.

In fact, one study suggests that healthy children may laugh as much as 400 times per day, but adults tend to laugh only 15 times per day.

6 TIPS TO ADD MORE LAUGHTER TO YOUR LIFE

- 1 Pick more funny TV shows or movies to watch (lay off those heavy-duty crime dramas or horror shows for a while).
- 2 You can't go to a comedy show in person but Netflix and other providers have lots of pre-recorded stand-up comedy shows.
- 3 Look up some jokes to tell your loved ones and make them laugh; laughter is contagious and you never know who might need a silly joke to cheer them up (or you can just inflict them on your teenagers; it's so much fun to see them roll their eyes!)
- 4 Laugh yoga – you can find groups and pre-recorded videos online!
- 5 Listen to a funny podcast – lots of amazing things are now available online.
- 6 Make a point to stop and laugh at the small stuff during your day. Laugh loud and proud!