

# Laughter

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. The Benefits of Laughter

## **Physical Health Benefits:**

- Boosts Immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents Heart disease

## **Mental Health Benefits:**

- Adds joy and Zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

## **Social Benefits:**

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Laughter is strong medicine for mind and body

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughing with other is more powerful than laughing alone. It allows you to:

- Be more spontaneous. Humor gets you out of your head and away from your troubles.
- Let go of defensiveness. Laughter helps you forget judgments, criticisms, and doubts.
- Release inhibitions. Your fear of holding back and holding on are set aside.
- Express your true feelings. Deeply felt emotions are allowed to rise to the surface.



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