

Have You Laughed Lately?

Is the Benefit of Laughter All What It's Cracked Up To Be?

"We don't laugh because we're happy -- we're happy because we laugh."

-William James

April 2012

Laughter is easy, convenient, and free. Did you know that there are many benefits to laughter? Here are some that you may have not heard about:

1. **Reduction of stress hormones.** As the stress hormones go down with laughter, the healthy hormones increase, boosting the immune system.
2. **Release with laughter.** Have you ever thought that there was so much pressure that you either have to laugh or cry? Laughter provides an emotional and physical release.
3. **Laughter is a great distraction.** When you're angry or upset, how do you feel after a good laugh? This may allow you to see things differently and put things into perspective.
4. **Connection with others.** Laughing can actually connect you to someone else. Laughing with others can spread, helping the ones around you to experience the benefits too. This will also reduce stress levels and increase social interaction.
5. **Workout from the "inside out".** An internal workout from laughter can exercise the abdomen, diaphragm, shoulders, and even the heart. In return, all of these can give a sense of relaxation and/or a reduction in stress.

How do you find the humor in your life?

1. **Enjoying friends or family fun.** Get together with some friends or family and either hang out or go to a funny movie. Laughter can be contagious and can give you something that you can refer back to for another round of fun.
2. **Entertainment.** There's never a shortage of laughter when you pick a great comedy. Even watching T.V. at home can provide ample amounts of belly laughs.
3. **Change a negative into a positive.** If there was something that happened to you or in your life, find a way to see the humor in it. Tell someone and laugh about it together.
4. **Smile.** It takes less effort to smile than it does to frown; so smile. Smiles can turn into laughter.
5. **What have you laughed about today?**



Wellness 2000, Inc. 1175 E. Main Street, Suite 2F, Medford, OR 97504

• (800) 866-8344 • Fax (541) 770-7929 • www.wellness2000.com