

Laughing is Good for You—and That's No Joke!



When was the last time you had a good, hearty laugh? If it's been awhile, consider adding more humor into your life. Research shows there are numerous health benefits of laughing—and that's no joke. Here are some of the good things laughter does for you:

- **Stimulates multiple body organs.** When you laugh, you inhale more air compared to quiet breathing. This delivers oxygen to your lungs, heart, and muscles, releasing the “feel-good” chemicals into your brain.
- **Calms down stress.** Laughing initially increases your stress response and then calms it down, resulting in a satisfying state of relaxation.
- **Helps your muscles relax.** Laughing can get blood flowing through your entire body, which can reduce muscle tension and feelings of stress.
- **Boosts your immune system.** Humorous thoughts that make you smile or laugh can release chemicals that help fight certain illnesses and decrease stress on your body.
- **Reduces pain.** A lifestyle of laughing may help your body produce its natural painkillers.
- **Improves your mood.** Laughing can reduce the effects of depression and anxiety and help boost your mood.

Humor can be learned!

Maybe you feel like you have no sense of humor. Don't worry! Humor is something you can learn. Consider trying the following tips:

- Keep funny pictures or comics in your home and workspace. If you're having a rough day, you can pull them out for some quick stress relief.
- Practice laughing! It may sound forced at first, but it will become more natural. Maybe you'll be laughing at how ridiculous you sound.
- Spend time with friends and family who make you laugh.
- Buy a joke book to skim through.
- Look into laughter yoga—you can laugh in a group!
- Set clear boundaries for what is and isn't funny. Not all jokes are appropriate, and making fun of other people is never acceptable.

Trying out ways to boost your humor can be fun! Now that you have some tips, enjoy your journey as you add more humor to your life.

This information was obtained from Mayo Clinic at the following link:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456?pg=1>