

# Laughter

## Help Your Health with Humor

*Have a belly laugh for good health*

Who doesn't love a good belly laugh? You know the kind that makes your stomach ache, your cheeks hurt and your eyes water? Well, not only is a giggle fun, it is also good for your health!

### Health Benefits of Laughter

- It reduces stress hormones in the body by releasing endorphins in the brain.
- Laughter increases the intake of oxygen while also stimulating the heart, lungs and blood vessels.
- It improves the immune system.
- It helps the body produce natural painkillers.
- Laughing helps you get through tough situations and enables the body and mind to relax.

### Give Yourself a Dose of Laughter

It's easy to incorporate some healthy laughter into your day. Yet, if you're struggling to find some giggle-producing

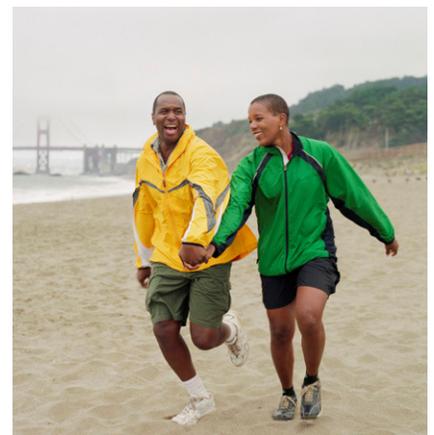
inspiration, consider these humor helpers:

- Hang up silly pictures of your family and friends, comic strips or jokes around your home and office.
- Look for the silver lining or comical aspects of everyday struggles. Associate yourself with others who try and do the same.
- Check out a joke book at your local library and share some of your favorites with friends and coworkers.
- Host a game night with family and friends.
- Watch a funny movie or television show.
- Listen to a comedy CD on your commute to and from work.
- Have a themed dinner party with some of your friends.

Engage everyone in preparing the meal, good conversation and funny story telling.

- Play with your children or pet.
- Do not take yourself too seriously; know when you need to relax.

You know what they say... laughter is contagious. So, spread some around to benefit your health and the health of those around you!



### Did you know...?

"Good humor" is beneficial to your health but laughing at the expense of others, known as "aggressive humor," can actually increase stress levels. Don't make jokes to hurt others; this will only hurt you both in the end.