

Laughter Is The Best Medicine

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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 and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boosts 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.

Laughter Is Good For Your Health

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Physical Health Benefits Of Laughter:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life

HUMOR AND HEALTH

- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

The Link Between Laughter and Mental Health

- Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're laughing.
- Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- Humor shifts perspective, allowing you to see situations in a more realistic, and less threatening light.

Checklist For Lightening Up

When you find yourself taken over by what seems to be a horrible problem, ask these questions:

- Is it really worth getting upset over?
- Is it worth upsetting others?
- Is it that important?
- Is it that bad?
- Is the situation irreparable?
- Is it really your problem?

Laughing With Others Is More Powerful Than Laughing Alone. Creating Opportunities To Laugh.

- Watch a funny movie or TV show.
- Go to a comedy club.
- Read the funny pages.

- Seek out funny people.
- Share a good joke or a funny story.
- Check out your bookstore's humor section.
- Host game night with friends.
- Play with a pet.
- Goof around with children.
- Do something silly.
- Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Most of us have experienced the joy of playing with a furry friend, and pets are a rewarding way to bring more laughter and joy into your life. But did you know that having a pet is good for your mental and physical health? Studies show that pets can protect you from depression, stress, and even heart disease.

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.

<http://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>