

Laughing All the Way

Research shows humor can moderate or counteract the effects of mental depletion.

Laughter often occurs when we are with family and friends. It becomes contagious in group settings, spreading quickly among those around us. Laughter has numerous benefits to mental and physical health. It is an effective way to connect with others, think more creatively, and overcome challenges.



Some benefits of laughter are:

1

Relaxes the whole body: a good laugh aids muscle relaxation and stimulating circulation, both helping reduce physical stress symptoms.

2

Helps your immune system: laughing can release neuropeptides, which help regulate the immune system.

3

Improves mental health: laughter can release endorphins leading to a decrease in stress, depression, and anxiety. Endorphins can even temporarily relieve pain.

4

Exercises your heart: laughter increases blood flow and improves the function of blood vessels, which can aid against a heart attack and other cardiovascular issues.

5

Fosters a stronger connection with others: laughing with others keeps relationships exciting and builds stronger emotional bonds.