

Laughter!

Next time you are feeling sad, stressed, worried or angry use this small trick: Laugh! Laughter is a healthy way to release some of our negative feelings and has a positive influence on our physical health, mental health and social relationships.

Laughter aids our immune system by decreasing our negative hormones and increasing our infection fighting antibodies. Laughing helps our cardiovascular system by pumping blood to our heart, and assists with ridding our muscles of tension. When we laugh, we are releasing endorphins which help us feel good. This decreases feelings of stress, worry and frustration.

Laughter also provides us a way to connect with others socially. Smiling at others is a way to show friendly regard. Laughing with friend's increases the bond within the relationship as we are sharing something in common that is found amusing. Laughing might also lighten up a serious mood and can serve to alleviate conflict.

There are many ways we can increase laughter within our daily lives. Read and sharing jokes with others, spend time with children and be goofy, participate in fun activities or things that bring you joy, watch humour filled shows and movies and play with animals.

Remember to try and see the positive side of every situation, keep things light and be able to laugh at yourself, surround yourself with positive people and SMILE!

http://www.helpguide.org/life/humor_laughter_health.htm