

Benefits of Laughter

Have you ever been told a joke that was so funny you laughed until your stomach hurt? There is scientific evidence to suggest that there are real, proven benefits of laughter.

Stress Reduction

Several studies show that laughter may decrease levels of certain hormones that cause stress, including cortisol and epinephrine.

Additionally, laughter and the activities that induce laughter can be a distraction from stressors. As you laugh, many muscles tense and then relax, which can create an overall relaxing feeling.

Physical Health Benefits

Many studies have looked into the physical benefits of laughter; some are proven and others require more research. However, multiple studies have documented these benefits:

- A strengthened immune system. Studies document that laughter increases immunoglobulin A levels, which helps fight bacteria that can cause infections and colds.
- Lower blood pressure and improve blood flow.
- Laughing provides a small workout for your abdominal, back and face muscles. After you have laughed for a long time, you will likely be able to feel the slight fatigue in your muscles.
- Some studies show that laughter improves functionality of T-cells and Gamma-interferon cells, which fight various diseases.
- Improved memory.
- Some studies show that laughter may decrease pain. In addition to the distraction that laughter can provide, it also releases endorphins.

Social Benefits

In addition to the many health benefits, laughter can provide some great social benefits as well. Whether it is a joke told among friends, or one shared in a large comedy club, laughter is something that is often shared with others. Being able to tell and receive jokes can help you develop stronger social skills.

Resources

- U.S. National Library of Medicine: www.ncbi.nlm.nih.gov/pubmed/21280463

Here when you need us.

Call: 844-207-5465

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: LivingME

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