

Good Reasons to Laugh for No Reason

- ❁ **LAUGHTER HAS A MULTIPLICITY OF BENEFITS FOR ENHANCED WELLNESS of BODY, MIND and SPIRIT.**
Laughter is the human “universal language”.
- ❁ **LAUGHTER IS AEROBIC EXERCISE** – stimulating the heart and enhancing circulation; as Laughter Yoga, is suitable for varied mobility standing, sitting, in bed or wheelchair.
- ❁ **LAUGHTER IS INTERNAL JOGGING** – massaging internal organs and enhancing their blood supply. It exercises abdominal muscles, even helping improve muscle tone.
- ❁ **LAUGHTER EXPANDS RESPIRATORY CAPACITY and BODY OXYGENATION.** A deep belly laugh will empty the lungs helpfully (contrasting shallow breathing and poor gas exchange.)
- ❁ **LAUGHTER IS A STRESS BUSTER.** It reduces the levels of stress hormones epinephrine and cortisol. Since these impact blood pressure, there can be a positive blood-pressure lowering effect.
- ❁ **LAUGHTER STRENGTHENS THE IMMUNE SYSTEM.** Laughter can increase the number of NK (natural killer cells), enhances the effectiveness of (WBC) T-cells, and helps increase antibodies in the mucous-lining of the respiratory system.
- ❁ **LAUGHTER IS A NATURAL PAIN KILLER.** It increases the levels of endorphins, the body’s natural pain killers – may help reduce pain intensity for a variety of conditions.
- ❁ **LAUGHTER CAN HELP WITH DEPRESSION and ANXIETY.** Hearty laughing enhances dopamine levels which are uplifting for most people. The activity brings the focus away from anger, guilt and negative emotions in a way typically more helpful than other distractions. The good laugh can bring a beneficial physical and emotional release.
- ❁ **LAUGHTER CAN SHIFT PERSPECTIVE.** Laughing can stimulate more readiness for gratitude, hopefulness, creativity and social connection in daily living or immediate or ongoing challenges.
- ❁ **LAUGHING IS CONTAGIOUS.** Human bodies contain “mirror neurons” that are triggered by laughing – stimulating more laughing! Laughing with and around others promotes social connection and all these wellness benefits.

Say YES to Laughter!

Elaine Nieberding, Laughter Yoga Teacher

yesLAUGH.com

Jump-start your laughing! [TLC: Today’s Laughter Care](#) FREE through our website – join our “laughing family”