



# Joy & Laughter

Laughter is good for your physical health

- Laughter causes you to take in more oxygen which stimulates your lungs, heart and muscles.
- Being stressed can cause tension in your body. Laughter helps relax your muscles for up to 45 minutes.
- Good for the HEART. Laughing increases heart rate and amount of oxygen in blood.
- Boosts immune system: Did you know that negative thoughts can turn into chemical reactions that negatively impact your own immune system? Changing negative mindset to positive can release infection-fighting antibodies and help fight stress.
- Lowers blood pressure: Laughter releases endorphins that offset the negative impact of stress hormones— even lowering your blood pressure.
- Helps with weight loss: Laughing reduces the stress hormones that cause weight gain, but it also burns calories.



List below three movies, books, or activities that help you laugh:

1)

2)

3)

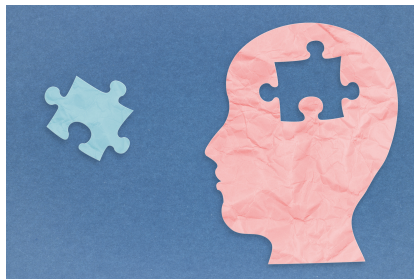


# Joy & Laughter

*Laughter is good for your mental health*

- **Distraction:** Laughter helps your brain take a break from worrying.
- **Lowers stress hormones:** Helps decrease stress hormones and increase oxygen in your body and improve circulation.
- **Increases “feel-good” chemicals** produced by your brain called "endorphins."
- **Connect with others:** Laughter with others helps people feel bonded and improves positive sense of being connected.
- **Helps a bad mood get better.** Nothing helps shift a bad mood than a good laugh. ***Try it!***

*Note: Research shows that watching a 1 minute funny cat video actually has a positive impact on reducing tension, improving mood, and helping you relax.*



List below three ways you can increase laughter into your daily routine:

1)

2)

3)