

# Importance of Laughter

*From the Wellness Center*

## OVERVIEW & PURPOSE

They say laughter is the best medicine. Laughter is not only joyful, but it is a coping strategy that can help one in times of stress, awkwardness or difficult moments. It can also release tension and plays a pivotal role in our connection to others. In the last few years, there has been a growing amount of data about the positive effects of laughter including, improving the immune system, relieving pain and improving overall mood. So, why not give it a try? Look up funny animal pictures, comedy videos or whatever makes you laugh. Try to smile and give a chuckle, even if it's a little forced, you may notice the positive effects.

## Some Ideas To Think About

- Have you heard of laughter yoga? It's used as a strategy to support a variety of health issues including stress and dementia.
- "We don't laugh because we're happy, we're happy because we laugh."  
- William James
- Laughter releases endorphins in specific regions of the brain.
- Take a look...



## Articles

*Short Read: Stress Relief From Laughter? It's No Joke*

*Stress relief from laughter? It's no joke*

*Longer Read: Laughter is the Best Medicine*

*Laughter is the Best Medicine*

\*\*If you have any questions please call the Wellness Center at (530) 280-2009.