



Have a Sense of Humor!



Lucid Nightmare flickr.com



Craig Cochrane flickr.com



Rafiq Sarlie flickr.com

Are you feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting some spring back in your step.

What Happens When We Laugh?

Our bodies change when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, spending more oxygen to our tissues. In the last few decades, researchers have studied laughter's effects on the body and come up with some potentially interesting information on how it affects us.

Laughter may:

- Increase blood flow to the brain.
- Boost brainpower.
- Improve immune-cell function.
- Benefit your digestion and absorption of food.
- Relax muscles and reduce stress.
- Lower blood pressure.
- Enhance ability to learn.
- Increase your attentiveness.
- Ease pain.

Laughing it Up for Quality of Life

We are more likely to laugh when we're with other people than when we're alone. People who laugh a lot may just have a strong connection to the people around them. That in itself might have health benefits. There are limits to what we know about laughter's health benefits, but we all know that laughing, being with friends and family, and being happy can make us feel better and give us a boost, even if studies may not show why.

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