JULY 2010

TIP OF THE MONTH: Laugh!!!

Laughter’s health benefits are no joke. A sense of humor helps us deal with the difficulties of life and ward off depression. But, laughter is not only helpful for our minds.

According to the Mayo Clinic, laughter’s benefits are mounting; it can’t cure all ailments, but the positive effects are helpful to your body during stressful times. When you start to laugh, it actually induces physical changes in your body.

An increase of oxygen-rich air, endorphins, and circulation can give you a relaxed feeling, reducing some of the symptoms of stress.

The short and long term effects of laughing include:
- Stimulates your organs
- Activates and relieves your stress response
- Soothes tension and stomachaches; eases digestion
- Improves your immune system
- Relieves pain
- Increases personal satisfaction

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you’ve had your hearty chuckle, take stock of how you’re feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That’s the natural wonder of laughing at work.

To read the full article, visit mayoclinic.com and type in “No Joke”
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