

LAUGH IT OFF!

- Health Benefits of Laughter -



LAUGHTER relaxes the whole body

A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes.

LAUGHTER boosts the immune system

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

LAUGHTER releases endorphins

Endorphins are the body's natural feel-good chemicals- which promote an overall sense of well-being and can even temporarily relieve pain.

LAUGHTER protects the heart

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.



LAUGHTER reduces negative emotions

Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

LAUGH for a **LONG** and **FULL** life!

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

*Live
Laugh
Love*