

Chapter 1 : About Your Privacy on this Site

Laughter is important to living—it relieves tension, decreases stress, makes you feel more relaxed, and increases happiness. Here are ten ideas for bringing more laughter into your life. Alex.

Promotes group bonding Laughter helps you stay mentally healthy Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun. The link between laughter and mental health Laughter stops distressing emotions. Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more. Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict. Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health. And the more laughter you bring into your own life, the happier you and those around you will feel. How laughing together can strengthen relationships Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times. Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment. Using humor and laughter in relationships allows you to: Humor gets you out of your head and away from your troubles. Let go of defensiveness. Laughter helps you forget resentments, judgments, criticisms, and doubts. Your fear of holding back and holding on are set aside. Express your true feelings. Deeply felt emotions are allowed to rise to the surface. Use humor to resolve disagreements and tension in your relationship Managing Conflicts with Humor: Using Laughter to Resolve Disagreements Laughter is an especially powerful tool for managing conflict and reducing tension when emotions are running high. How to bring more laughter into your life Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Here are some ways to start: When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. Notice the effect this has on others. Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you hear laughter, move toward it. Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. Their playful point of view and laughter are contagious. Every comedian appreciates an audience. Bring humor into conversations. It can even make exercise more fun and more productive. Plus, hearing others laugh, even for no apparent reason, can often trigger genuine laughter. To add simulated laughter into your own life, search for laugh yoga or laugh therapy groups. It will make both you and the other person feel good, draw you closer together, and who knows, may even lead to some spontaneous laughter. Instead of feeling embarrassed or defensive, embrace your imperfections. They fall into the gray zone of ordinary life—giving you the choice to laugh or not. So choose to laugh whenever you can. How to develop your sense of humor Laugh at yourself. Share your embarrassing moments. The best way to take yourself less

seriously is to talk about times when you took yourself too seriously. Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens, try to find a way to make it a humorous anecdote that will make others laugh. Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun. Remember funny things that happen. If something amusing happens or you hear a joke or funny story you really like, write it down or tell it to someone else to help you remember it. Many things in life are beyond your control—particularly the behavior of other people. Find your inner child. Pay attention to children and try to emulate them—after all, they are the experts on playing, taking life lightly, and laughing at ordinary things. One great technique to relieve stress in the moment is to draw upon a favorite memory that always makes you smile—something your kids did, for example, or something funny a friend told you. Think of it like exercise or breakfast and make a conscious effort to find something each day that makes you laugh. Set aside 10 to 15 minutes and do something that amuses you. Using humor to overcome challenges and enhance your life The ability to laugh, play, and have fun with others not only makes life more enjoyable but also helps you solve problems, connect with others, and be more creative. People who incorporate humor and play into their daily lives find that it renews them and all of their relationships. Life brings challenges that can either get the best of you or become playthings for your imagination. But when you play with the problem, you can often transform it into an opportunity for creative learning. Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways helps you retain this creative ability. Here are two examples of people who took everyday problems and turned them around through laughter and play: Roy, a semi-retired businessman, was excited to finally have time to devote to golf, his favorite sport. But the more he played, the less he enjoyed himself. Although his game had improved dramatically, he got angry with himself over every mistake. Roy wisely realized that his golfing buddies affected his attitude, so he stopped playing with people who took the game too seriously. When he played with friends who focused more on having fun than on their scores, he was less critical of himself. Now golfing was as enjoyable as Roy hoped it would be. He scored better without working harder. And the brighter outlook he was getting from his companions and the game spread to other parts of his life. Jane worked at home designing greeting cards, a job she used to love but now felt had become routine. Two little girls who loved to draw and paint lived next door. Eventually, Jane invited the girls in to play with all the art supplies she had. At first, she just watched, but in time she joined in. Not only did playing with them end her loneliness and boredom, it sparked her imagination and helped her artwork flourish. As laughter, humor, and play become an integrated part of your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective. Recommended reading *Laughter Therapy* — Guide to the healing power of laughter, including the research supporting laughter therapy. Georgia State University *No joke: Study finds laughing can burn calories* — Outlines a small study that found laughing raises energy expenditure and increases heart rate enough to burn a small amount of calories. *Psychology Today* *Humor in the Workplace* — Series of articles on using humor in the workplace to reduce job stress, improve morale, boost productivity and creativity, and improve communication. Lawrence Robinson, Melinda Smith, M.

Chapter 2 : Why Pastors Need a Sense of Humor - Joe McKeever Christian Blog

And the more laughter you bring into your own life, the happier you and those around you will feel. Sharing humor is half the funâ€”in fact, most laughter doesn't come from hearing jokes, but rather simply from spending time with friends and family.

It is an advanced intellectual means of developing new perspectives and coping with extreme circumstances. A maltreated animal has two potential responses to an abusive master: He cannot disarm the bully with a witty remark or ironically imitate his master behind his back for his own amusement. One of the first government actions in Nazi Germany was the establishment of a law against treacherous attacks on the state and party that made anti-Nazi humor an act of treason, and there was a reason for this. Research has shown that humor is the most effective means of preventing the indoctrination of brainwashing. Used as both a shield and a weapon, humor has the power to soothe the most wounded and threaten the most evil. These qualities speak to its inherent potential â€” a potential that has not yet been entirely tapped or even recognized. The stories of these survivors and findings of modern medical research support the notion that humor is an extremely effective tool for managing our advanced awareness and for creating new perspectives to cope with otherwise unbearable environments or circumstances. Among other things, laughter has been shown to reduce stress, boost the immune system and enhance brain chemistry through the release of serotonin and endorphins. For the rejected lover or laid off worker, this self-induced boost of serotonin activates a neurochemical reaction that enhances their ability to tolerate the stress response and think creatively of coping options. Humor is a very effective means of dealing with overwhelming emotion and taking control of a situation. He is just one example of many who have witnessed and reported first-hand accounts of how essential humor is to both physical and emotional health. It has been said that tragedy occurs where the tree, instead of bending, breaks. Amy Bishop, the University of Alabama professor who recently shot three colleagues to death and wounded three others, has frequently been referred to as serious, intense, and humorless. She clearly had the intellect to perform at the highest levels of society, but not the tools to cope with the related stresses. Had she taken the time to develop the tool that nature gave her for dealing with that stress, a sense of humor, her three colleagues might still be alive today. Many people have found ways to laugh off much worse things than being denied tenure, and the skill is one that is within us all. Whereas professors teach us what has been written by other serious academics, comedians tell us what is going on in the world around us through a first-hand account that we can immediately identify with and understand. Comedic news programs such as The Daily Show with Jon Stewart and The Colbert Report owe their phenomenal success to the common desire to hear the truth and face the world, but in tolerable terms. The comedian is not afraid to talk about the fears and concerns that most people try hard to conceal or deny. By not only bringing them into the open but also laughing at and minimizing them, the comedian puts himself and his audience in control and the concealed fears dissipate in the shared light of day. Some famous individuals who shared this perspective are quoted below: A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life. If you can find humor in anything, even poverty, you can survive it. Higginson The more I live, the more I think that humor is the saving sense.

Chapter 3 : Consider The Importance Of Laughter: A High School Essay

Oct 11, Because laughter is always the best medicine - especially for parents! | See more ideas about Parenting Humor, Dads and Laughter.

You may not see it this way now, but you could be blissfully happy again a couple of years down the track, if you just keep working at it and finding new ways to solve problems. Read below to discover how to use the amazing tool of HUMOR to get through this stormy time and head into smoother waters. But sometimes stressful times like these are the times when we can benefit from humour the most. This will still have health benefits for you as an individual, which are bound to have a positive flow on effect for your marriage. For example, the release of tension that laughter can bring may allow you to come into discussions with your spouse with a clearer head and more relaxed attitude. No matter how tough times are, you ARE still capable of laughter. It may take you by surprise the first time it happens, but believe me, the feelings of relief will be overwhelming. Continue below to find out the benefits that shared humour has for relationships. Strengthening relationship bonds Sharing the pleasure of laughter and humour increases happiness and intimacy between people. It enhances teamwork and cooperation, and strengthens relationship bonds. When we use humour, we attracts others to us, as humour is highly infectious and makes people feel good. Diffusing and solving conflict Humour, when it is used in the right way free from sarcasm or ridicule , can be extremely helpful in diffusing and solving conflicts. It can cause reductions in tension between you and your spouse by interrupting the power struggle and enabling shifts in perspective, allowing you each to see situations in a more realistic, less threatening light. Once you have seen a problem in a new way, it is often a lot easier to identify a solution. The use of a little light humour can also reduce the chance that your partner will react defensively when you bring up problems or constructive criticism. Laughter opens us up, freeing us to express what we truly feel and allowing our deep, genuine emotions to rise to the surface. As well as bringing people closer together, humour and laughter also have a multitude of benefits for your physical and mental health, which should not be ignored. Benefits to your physical and mental health Laughter relieves tension and stress and strengthens our immune system, by decreasing damaging stress hormones and increasing immune cells and infection-fighting antibodies. Laughter relaxes all of the muscles in the body, and promotes better quality of sleep. A deep belly laugh can leave your muscles relaxed for up to 45 minutes afterwards! Laughter can aid in protecting the heart against cardiovascular problems by lowering blood pressure and increasing blood flow. When we laugh, endorphins are released in our brain, which make us feel good and can cause temporary decreases in pain. Our brain function and creativity is stimulated and our energy levels are boosted. Humour and laughter can cause immediate improvements to your mood, and help to ease anxiety, fear, stress and anger. Humour enhances our ability to be resilient in the face of challenges, and increases joy in our everyday lives. How to embrace humour in your marriage and everyday life 1. Create inside jokes with your partner. Sharing personal jokes is an amazing way to really connect as a couple, as they are about private things that only you two know about. As you move on in your relationship, topics will naturally come up which you can laugh about together. Much like inside jokes, a bit of light teasing in a relationship can create lot of intimacy and affection. Tease your spouse about things that they will find funny and can laugh about themselves, in a flirtatious and affectionate manner. Teasing is not okay, however, if it is used as a way of hurting or belittling each other rather than flirting " as this can cause the person on the receiving end a lot of pain. Learn to laugh at yourself. Being able to laugh at yourself is one of the most attractive qualities a person can have. Being able to laugh about a silly mistake you made immediately makes it less of a problem. We all have flaws and we all make mistakes. Remember, you only have one lifetime and you might as well enjoy it. Use humour to diffuse tension and conflict when appropriate. Is your reaction always appropriate? Sometimes we can send off hostile messages to our spouse through our body language, which automatically makes a situation tenser than it should be. The next time things are getting a little tense during a discussion with your spouse, try biting back the remark you might feel like saying, taking a breath and add a little humour to try to diffuse the situation. The problem will become a lot easier to solve once you have both let go of some tension and allowed yourself to see things in a

more positive light. Spend time with fun, playful people. Seek out the people in your life who always make you feel good in their presence – adults or children. The people who can see the funny or positive side to any situation, and can laugh at themselves easily. People who are focused more than having fun and enjoying an activity rather than winning. These people will be able to help you see the bright side of circumstances in your marriage, and you will find that their laughter and playfulness are contagious. Smiling is the beginning of laughter, and is the visual expression of happiness. Create opportunities to laugh. People love to laugh so much that many people make their living through entertaining others. Try watching a comedy movie or TV show avoid dramas, tragedy and horrors , reading a light-hearted book or the comics in the paper, getting together with fun friends, and making time for the activities you enjoy. If something funny happens in your day or you hear a good joke, make a point to share it with others. This gives you the chance to laugh about it all over again. When it is NOT appropriate to use humour in your marriage Humour becomes unhealthy in a relationship when it is used for avoiding, rather than coping with, painful emotions. Make sure than your spouse will actually find what you say funny and not offensive before you say it. The ability to laugh and let your guard down together has amazing healing power for your marital relationship and your personal wellbeing.

Chapter 4 : Caregivers: Go Ahead and Laugh It's OK! | HuffPost

Whether you're rolling on the ground in stitches over the latest YouTube video with friends, politely chuckling at your uncle's knock-knock joke, or laughing nervously at your boss' attempt at humor, we all use laughter as a form of non-verbal communication on a daily basis.

Laughing together is a way to connect, and a good sense of humor also can make kids smarter, healthier, and better able to cope with challenges. We tend to think of humor as part of our genetic makeup, like blue eyes or big feet. Humor is what makes something funny; a sense of humor is the ability to recognize it. A good sense of humor is a tool that kids can rely on throughout life to help them: Kids who can appreciate and share humor are better liked by their peers and more able to handle the adversities of childhood – from moving to a new town, to teasing, to torment by playground bullies. They experience less stress; have lower heart rates, pulses, and blood pressure; and have better digestion. Laughter may even help humans better endure pain, and studies have shown that it improves our immune function. But most of all, a sense of humor is what makes life fun. Few pleasures rival yukking it up with your kids.

Different Ages – Different Humor Kids can start developing a sense of humor at a very young age. When you make funny noises or faces and then laugh or smile, your baby is likely to sense your joy and imitate you. He or she is also highly responsive to physical stimuli, like tickling or raspberries. **Toddlers** Toddlers appreciate physical humor, especially the kind with an element of surprise like peek-a-boo or an unexpected tickle. **Preschoolers** A preschooler is more likely to find humor in a picture with something out of whack a car with square wheels, a pig wearing sunglasses than a joke or pun. Incongruity between pictures and sounds a horse that says moo is also funny for this age group. **Older grade-schoolers** have a better grasp of what words mean and are able to play with them – they like puns, riddles, and other forms of wordplay. But kids this age are also developing more subtle understandings of humor, including the ability to use wit or sarcasm and to handle adverse situations using humor. Be spontaneous, playful, and aware of what your child finds funny at different ages. Be a humor model. Deal lightly with small catastrophes like spilt milk. Teach kids that adults are funny – and that they can be too. Create a humor-rich environment. Surround your kids with funny books – for toddlers and preschoolers these include picture books or nonsense rhymes; older kids will love joke books and comics. You also might want to gently discourage bathroom humor or at least not participate too heartily. **The Family That Laughs Together** Above all, humor is social. Share jokes, play games, and watch funny movies together. It will be funny now – and maybe even funnier in years to come, when you and your kids remember those silly family times.

Chapter 5 : Laugh it Up: Why Laughing Brings Us Closer Together - PsychAlive

Bring up an image of something you find really funny. Once you have the feeling of laughter, spread it throughout your body, from the top of your head, to the tip of your toes. Bring up another image that makes you laugh.

Go Ahead and Laugh By Kathryn Haslanger "Laughter gives us distance. It allows us to step back from an event, deal with it, and then move on. For family caregivers, who struggle on a daily basis to care for loved ones who are sick, disabled or otherwise in need of chronic care, it can be too easy to forget the importance of humor. But new research is showing that not only is it okay to laugh in even the grimmest situations; it might even be good for you. Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a study by cardiologists at the University of Maryland Medical Center in Baltimore. The study, which is the first to indicate that laughter may help prevent heart disease, found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease. In the study, led by Michael Miller, M. Half of the participants had either suffered a heart attack or undergone coronary artery bypass surgery. The other did not have heart disease. One questionnaire asked a series of multiple-choice questions to find out how much or how little people laughed in certain situations, and the second one used true or false questions to measure anger and hostility. Miller said that the most significant study finding was that "people with heart disease responded less humorously to everyday life situations. The ability to find humor in life may be correlated with a healthy heart, and it also may help people maintain their mental health, especially when faced with difficult situations in life -- for example, being a family caregiver to someone who is chronically ill, elderly or disabled. In home care, we see a wide variety of illnesses, and every family caregiving situation presents its own challenges. Chloris Leachman, the talented actress who plays Maw Maw, adds to the comedy, of course. Should we feel guilty about laughing at this show or in our own caregiving lives? Is our laughter a sign of disrespect or a lack of love for our family member? Even in the most dire circumstances, such as bereavement or hospice, VNSNY health professionals insist that its OK, even helpful, to laugh. When their souls got to the entrance to heaven, two questions were asked determining whether they were able to enter or not. Has your life brought joy to others? It normalizes the situation and helps to lighten the mood, allowing for a greater connection between the individuals. Just as long as the caregiver is laughing with their relative and not at them, humor can be a wonderful way to ease tension and enjoy the present moment together. Recently, this neighbor complimented her, saying, "Your son is very handsome! And one day, her neighbor was screaming, "Sheila! Being able to laugh is not only good for your health, but it shows you have a practical, realistic approach toward your caregiving role -- and your sense of humor is a critical tool for your good health and attitude. So, as you find yourself continuing in your role as caregiver, take every opportunity to laugh: Go to a comedy club. Watch funny movies or TV shows with your loved one. These moments may end up being some of the most cherished you have with your family member. Are there sources of humor that you turn to when your spirit needs refreshing? We invite you to share them below, along with any other comments or questions you may have about the topic.

Chapter 6 : How to Laugh More - 22 Ways to Bring More Laughter Into Your Life

Laughter just might be the most contagious of all emotional experiences. What's more, it is a full-on collaboration between mind and body. Although laughter is one of the distinguishing features.

Laughter is a physiological response that involves rhythmic and involuntary action, and denotes merriment, happiness, or joy. Here are some of the many benefits of laughing more: Laughter causes you to gulp in large portions of air, thereby oxygenating your blood. Laughter decreases stress hormones in the body such as cortisol and adrenaline, thus helping to stave off illness. Laughter strengthens the immune system. When we laugh our bodies release hormones and chemicals that have positive effects on our system. One of these chemicals is endorphins, the feel-good hormone. One minute of laughing burns the same number of calories as 6 to 10 minutes on a treadmill. Laughing raises your mood; joyfulness through laughter is the fastest way to create a positive state of mind. Laughing is good for the heart and improves blood circulation. Laughter can reduce pain and aid the healing process. Laughter creates and strengthens human connections. It feels good to laugh. Are you ready to laugh more? Set the Intent to Laugh More. Make a resolution, or set the intent, of laughing heartily as often as you can. Setting a goal to laugh more is as important as setting the goals to get more exercise, eat healthier, and drink more water. Include Laughter in Your Morning Routine. Many of us have a routine that we follow every morning to help set us up to have a great day. How about adding laughter to your morning routine? One way you can do this is by getting a year-in-a-box calendar that will give you a quick laugh when you glance at the joke for the day. Choose a year-in-a-box calendar that tickles your fancy and put it right next to your alarm clock. Start your day with laughter! Another idea is to get yourself a joke book and read one joke every morning. However, smiling also has a myriad of benefits. When you smile, happy changes begin to take place automatically, both internally and externally. In addition, you can think of smiling as a warm up for laughing. One way to remember to smile more is to have smiling cues sprinkled throughout your day. There are a number of ways to do this, including getting yourself a coffee mug that makes you smile. Here are three more cues you can use to remember to smile: Smile as you step into the shower. Smile every time you open the refrigerator. Befriend a Funny Person. Some people are just naturally funny. They may have a way with words, or they may have a wacky way of looking at the world. These people are gems. If you find one, befriend them immediately. Have a Favorite Comedian. There are lots of great comedians out there, but almost everyone knows of at least one comedian who really appeals to their own particular sense of humor. Choose your favorite comedian and look for some of their comedy routines on YouTube. I love his dry, sarcastic humor. Here are three of his most memorable lines: Is it because of that song? When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three of them. Follow a Funny Sitcom. Specifically, limit your TV viewing to shows that make you think, and shows that make you laugh. Here are two shows that make me laugh: Have More Fun on Date Night. Keep your relationship strong by laughing more with your partner. On date night, go to a comedy club. If you want to stay in, make some popcorn and watch a funny movie. Here are two funny movies I would definitely recommend: Read a Funny Book. Here are two funny books you can get started with: More specifically, get a dog. Dogs make us laugh because. Play Fun Games With Friends. Playing competitive party-style games with a group of friends you enjoy hanging out with will have you laughing in no time. There are lots of games you can choose from, including the following: Learn to Laugh at Yourself. Most of us take ourselves too seriously, which limits our ability to find the humor in difficult situations. In addition, it can make us uptight and overly sensitive to what other people may be thinking of us. Learning to laugh at yourself takes some of the pressure off, and it will allow you to be more authentic and vulnerable both of which are desirable character traits. Here are two ways learn how to laugh at yourself: Give yourself permission to be silly. At the right moment, being silly is a plus. Look for the funny side of things. Humor is a great way to deal with adversity and can even turn a negative into a positive. Take Up Something New. And, since in the point above you learned how to laugh at yourself, taking up something new is very likely to result in lots of laughs. Have a Favorite Comic Strip. When I need a pick-me up I grab the pile of books, sprawl out

on my bed, and look through them. Before the site Squidoo went belly up, I had a Squidoo lens that I used to collect the funny stuff that I found online. This included YouTube videos, images, jokes, quotes, and so on. Although Squidoo no longer exists, you can do something similar with Pinterest. Start a Pinterest board and every time you find something funny as you browse the web, pin it to your board. Family members are a great source for funny comebacks and sayings. Start a scrapbook to collect the funny things your family does and the things they say. This will make you more aware of their funny moments, which will make you appreciate them more. Here are some to get you started: When was the last time you had a really good laugh? What were you Doing? Do more of that. Follow Funny People on Twitter. Follow two or three funny accounts on Twitter so you get a few laughs as you see the tweets go by on your stream. One funny account I follow is itsWillyFerrell. Start a Joke Jar. Get your whole family to laugh more by starting a joke jar. Get a nice jar and some scraps of papers. Find some funny jokes and write them down on the scraps of paper. Ask your family members to do the same. Put the scraps of paper with the jokes written on them in the jar. At dinner time have someone reach into the jar, take out a joke, and read it out loud. What do you call a rabbit with fleas? It might crack up! What kind of book does a rabbit like at bedtime? As I wrote in my post on how to meditate , there are many different meditation practices you can try. One of these is laughter meditation.

Chapter 7 : Stress relief from laughter? It's no joke - Mayo Clinic

parenting humor and mom humor and parenting jokes and parenting memes and mom memes You might be one of the moms who think that small things can be a weapon of mass destruction if you have kids This is true unless you have Norwex cleaning paste!

The Old Testament even references the healing properties of humor: He reportedly watched old Marx Brothers movies and laughed uncontrollably. He believes his own laughter cured his disease. Today we have a better understanding of how laughter affects human physiology. Our bodies produce pain-killing hormones called endorphins in response to laughter. A good belly laugh increases production of T-cells, interferon and immune proteins called globulins. When under stress, we produce a hormone called cortisol. Laughter significantly lowers cortisol levels and returns the body to a more relaxed state. The other good news is that humor has a positive impact on intellectual and emotional functioning. Aids us in overcoming fear. Allows us to take ourselves less seriously. As you can see, humor can be the curative our ancestors professed it to be. But how can you incorporate more laughter into your life, when you are already overwhelmed by daily demands? Fortunately there are ways to bring levity into your life without adding extra pressure. Find one of the following methods that works for you: When you are stressed, take out a toy and play. That irate customer on the phone will have no idea that you are keeping your cool by playing with a Slinky. Place funny pictures of friends and loved ones around your office, including ones of you when you were a ridiculous-looking kid. Create a humor file. Fill it with funny cartoons, sayings and jokes, as you run across them. When things are looking particularly grim, refer to your file. When you find yourself in a nerve-wracking situation such as locking your keys in the car , think of how Groucho or Lucy would handle it. For recreation, do some of the things you did as a kid. And the escape will do wonders for your attitude. Exaggerate a stressful situation. Take your situation and make it even bigger than it is. You might think this will cause more stress; however, blowing the problem up will allow you to see the absurdity of it, and afford you a great belly laugh. Host a slumber party. Have friends bring pillows and blankets, eat junk food, and stay up all night telling scary stories. You have a choice: The Healing Power of Humor. Retrieved on November 11, , from <https://>

Chapter 8 : 20 Hilarious Jokes About The Joys Of Parenting | Thought Catalog

Bring in a Laughter Yoga instructor, and offer this as a perk for your staff (forced laughter in a group often turns into real laughter). It's a fun, inexpensive way to get a runner's high, and it can be done anywhere in the office.

Sign up now Stress relief from laughter? Short-term benefits A good laugh has great short-term effects. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. A good, relaxed feeling. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress. Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses. Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier. Improve your sense of humor Are you afraid you have an underdeveloped " or nonexistent " sense of humor? Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think. Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books or comedy albums on hand for when you need an added humor boost. Look online at joke websites. Go to a comedy club. Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good. Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter. Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you. Use your best judgment to discern a good joke from a bad, or hurtful, one. Laughter is the best medicine 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. Are your muscles a little less tense? Do you feel more relaxed or buoyant?

Chapter 9 : 5 Bible Verses About Joy and Laughter - Beliefnet

They bring humor and laughter into our lives by lightening up the mood. They also help break the ice between two people. The person who quoted some of these immortal lines may not even remember that they have said these sometime.

Laughing speaks of humor and the importance of laughter can never be underestimated. It is a part of life. On the scientific front, laughter makes for good health. When a person laughs, chemicals named endorphins are released. These are the same chemicals triggered in response to sexual stimulation. Laughing relaxes facial muscles that can become very tense especially on long working days. It may even affect a job interview or working relationships; humans are occasionally shallow creatures and may assume that a person who looks grouchy is grouchy. It is used to defuse potentially explosive situations at times. Take my younger brother, aged eleven, for example. When he is naughty and utterly infuriating, he will resort to whatever means available to make the family laugh. This allows him to escape just punishment. In friendships, laughter is essential to ensure a long-lasting relationship; in marriage, many women want a man who sees the funny side of life. A sense of humor is important to lift a relationship, and there is something special, almost intimate, in sharing a joke with a friend or spouse. There is a time and a place for everything, including laughter. While laughter brings joy and is very important in daily life, it is best directed at oneself, or at events that are not sensitive. Laughter can be dangerous, when it is mocking and derisive. It can be very hurtful when laughter is used to single out a person, race or creed. It is important to laugh, but also to keep in mind that we should laugh for the right reasons and in the right situations. Laughing at oneself, on the other hand, is an endearing trait that lets a person take himself less seriously. It can even be profitable, as in the case of stand-up comedians and comics who put up theatrical performances which audiences willingly pay for. The importance of laughter is, in my opinion, immense. In India, there is even a group of people called the Laugh Club who gather occasionally and laugh for a few minutes without stopping. Laughter is a powerful, wonderful thing. Amidst the drudgery and toil of life, in the depths of despair and even in our nadir of existence, if we can learn to laugh, we can learn to live, to press on. Laughter is a reaffirmation of life. Erma Bombeck was right. Last modified on Sunday, 08 May Basic HTML code is allowed.