



BlueResource<sup>SM</sup> – Stress Relief – Laughing is Good for You

## Laugh More and Feel Better

Funny man Groucho Marx once said, “A clown is like an aspirin, only he works twice as fast.” Groucho knew what experts have been telling us for years: Laughter is good medicine! Spend some time laughing each day and enjoy these healthy benefits.

**Stress less.** Short circuit the release of harmful stress hormones. They can contribute to depression, anxiety, weight gain and heart disease.

**Lower blood pressure.** Flood your brain with feel-good chemicals. They dilate your blood vessels making it easier for blood to flow to your heart.

**Keep your heart healthy.** Laugh for a fun cardio workout. It burns the same number of calories as walking.

**Build a stronger immune system.** Giggle, chuckle and chortle to nurture white blood cells. They help fight off viruses and bacteria that can make you sick.

**Have fewer aches and pains.** Trigger the release of your body's natural painkillers. They fend off physical discomfort and hurting.



More time laughing means less time stressing.

**Sources:** *Five Reasons You Should Laugh.* The Heart Foundation. 2020.  
*Stress Relief from Laughter: It's No Joke.* Mayo Clinic. 2019.

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