



BlueResourceSM – Stress Relief – Laughing Is Healthy

No Joke: Laughter Relieves Stress

You've probably heard the old proverb, "Laughter is the best medicine." Doctors agree. Laughing not only feels good, it's good for the body. If you laugh often, your body enjoys a range of stress-relieving benefits – and it's free! It turns out laughing:

- releases natural feel-good chemicals in your brain
- delivers extra oxygen to your heart and lungs
- soothes tension in your muscles
- gives your immune system a boost against illness
- relieves pain by releasing the body's natural painkillers
- lessens anxiety and depression to help you feel happier
- makes it easier to cope with tough situations



Laugh every day to feel better.

Source: Stress Relief from Laughter: It's No Joke. Mayo Clinic. 2020.

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