



## **How Laughter Can Relieve Stress + 7 Ideas to Start Laughing Now**

Diane Laffoon 0:00

The best medicine for a healthy mind is laughter. Laughter reduces stress and anxiety and improves immune function by boosting your immune system antibodies. It releases endorphins that make us feel good, it brings people together, and it supports pain management. The most challenging thing is that a lot of people do not laugh regularly enough. Our lives are so busy with work and school and family obligations that we forget to relax, and enjoy a good belly laugh. So today we'll talk about seven ideas to get you laughing right now.

Hi, if we've never met before, I'm Diane Laffoon. And I'm here with your Joy Tip of the Week. I help stressed out women make minor improvements in their lives, so they can feel less anxious and more fulfilled, so they can choose joy each and every day.

Did you know that laughter relieves stress and can lower your anxiety levels. It's impossible to think about that project that's been overdue for the next week or the big meeting that you have in two weeks. When you're laughing. Laughter provides a healthy break for your brain from stressful thoughts. And nothing can improve your mood. Like a good hearty laugh. Laughter can create a general feeling of well being it can defuse irritability and depression. And when you share a laugh with friends or family or coworkers, it can help you form a deeper bond with them. A sense of humor can also heal past misunderstandings, hurt feelings or grudges. So there's so many benefits to laughter any laughter can improve your mood by leasing the endorphins that make us feel good. And you can laugh without making a sound you can simply smile and be laughing on the inside or using your mind to imagine something funny. It's not hard to smile when laughter happens, so you might as well go for it right.

Laughing aloud gives people around us permission to relax and be less tense. Laughter can help break down those barriers between people because laughter unites us. It unites families, friends, even

cultures and countries. Laughing can build trust and allows people to feel again, more connected. Laughter is a gift that we give ourselves. So take some time every day to laugh as much as you can. It's also one of the best medicines for our physical health. Laughing actually exercises the muscles that you use to breathe. It expands our lungs and our diaphragm and it relaxes your body. It also increases your oxygen intake, giving laughter a lot of value as a workout right? The extra oxygen can boost your energy and enhance your memory and also is good for your athletic endurance, believe it or not.

It stimulates circulation throughout your entire body, increasing blood flow to different organs, including your heart. Laughter is excellent for your heart and for your blood vessels. Because study shows that it reduces the stress hormones like cortisol and it can lower your blood pressure. There's also research that shows that laughter improves your cardiovascular risk factors because it decreases the stiffness and the walls of your arteries. Laughing can actually help you manage pain because again, studies prove laughter increases your tolerance of pain. That's a good thing as well. Laughter may also be able to break up the mucus, mucus or congestion in your lungs, making your lungs feel more clear. Again, studies show that laughter benefits patients who have asthma due to its ability to improve that lung function and its role in relaxation. So we know laughter makes people healthier, happier, more creative, successful and relaxed. And when laughter comes easily for you. It's an indication that you're comfortable with who you are and how life is treating you. Laughter helps people feel more connected. And connection is so crucial to living life. Laughter is one of the best medicines for your physical and your mental health. And any laughter can improve. Improve your mood by releasing those endorphins that make us feel good.

So here are seven ideas that will help get you laughing right now. First, put laughter on your to do list set it as a priority each day. When you feel tense about something at work or at home. Try smiling and imagining what could make you laugh about that situation. After all, would it really matter what's going on right now? A year from now? or even five years from now? So kind of find the humor in it if you can.

Next, make a funny video of yourself or ask a friend to send you an amusing video that will make you smile even before you watch it because you know it's coming from, right? Watch that video as soon as possible so the laughter can be fresh in your mind, especially when you're dealing with something that is stressful.

Number three, share a funny meme with friends with friends or family through text messages or social media. There are some terrific resources out there for funny memes and videos. One of my favorites is called Mikey's Funnies. He's got clean comedy that goes out every day. And if you'd like more information about him, just ask I'd be glad to give you a link.

Four do something silly. Like tell all your friends about an embarrassing dream you had last night or hear something silly I did just last night. I started giggling for no reason at all. I just started laughing.

And I was with my mom. And she caught on and she started laughing with me and we both got a good belly laugh over nothing at all. Because laughter is contagious. And sometimes you just need a giggle to get the ball rolling, right?

Five you can play games, play some laughter inducing games like charades, or even a card game or board game always has an enjoyable opportunity for interaction with friends and family. It brings up a good opportunity to laugh whenever you're in that competitive spirit and playing with friends or family.

Six, when you're feeling stressed out, watch a funny movie, or video or scroll back on your phone, something that made you laugh previously. My family has a group text conversation where we share pics and videos. And oftentimes I'll go and save the best ones. Because I know when I need a smile or a laugh, I can go through my phone and watch those all over again. And bring back that joy to my face and to my laughter.

And then finally, number seven, spend time with people who know how to lighten up and enjoy laughter. You become like the books you read, the entertainment you watch, and the people you hang around. So choose wisely, who you are going to spend time with and choose people who will make you laugh and who enjoy laughter.

You know, it's not just fun to laugh, but it's also beneficial for you. In this video, I've provided you with seven ideas that will get you laughing right now. So the next time you're feeling stressed out, try a good laugh because laughter can relieve stress. Laughing can also help us be more resilient when we're feeling down or upset about something. You know, all it takes is to have a little fun today and share laugh with your friends or family. You'll be glad you did, I'm sure.

You'll find more ways to get laughing in a post on my blog called "10 Mental and Physical Health Benefits of Laughing More Often." I'll post a link to that below because that has ideas too. And thanks for watching this Joy Tip of the Week. I hope you are encouraged to laugh more often. I'll see you next Tuesday. And please remember to seek faith, give love, find hope, and choose joy.



Text or Call: (989) 244-8448 | E: [diane@dianelaffoon.com](mailto:diane@dianelaffoon.com)

W: [DianeLaffoon.com](http://DianeLaffoon.com)