

Better living through laughter



Want to improve your life? Start by laughing. Seriously. Laughter is good for your body and mind.

What are the benefits of laughter?¹

- **It can help control pain.** Humor can help ease and manage pain.
- **It can help fight stress and illness.** Stress is bad for your immune system. When you laugh, you reduce stress hormones and boost immune cells and infection-fighting antibodies.
- **It relaxes you and creates positive energy.** A good laugh can help loosen up tense muscles and reduce stress. It can connect you to other people. It can help fight depression and anxiety.
- **It releases “feel good” chemicals into your bloodstream.** Laughter causes your body to release endorphins — natural chemicals that help create a sense of happiness and well-being.

What’s so funny?

Wondering where to find humor in your everyday life? Look for fun and laughter by:

- Playing with kids and pets

- Watching comedies
- Replaying TV or movie scenes you’ve found most hilarious
- Surfing YouTube for funny clips
- Listening to jokes
- Reading the comics, humorous books and articles
- People-watching and observing everyday life. There are lots of funny things all around you: You just need to look for them.

Feel a giggle coming on? Don’t suppress it. Consider laughter part of your wellness regimen. They don’t call it “the best medicine” for nothing!

¹[Stress relief from laughter? It’s no joke.](#) Accessed November 2018.

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