



Your daily dose of laughter — are you getting enough?

“Did you hear the one about....?” Lots of jokes start off that way. And even when you’ve heard a joke before, you often still have a hearty laugh.

Laughter’s good for you

Researchers have found that laughing has important physical, social and emotional values.

- 1. Physically**, laughter can help improve circulation and provide an aerobic workout for your lungs and muscles. Laughter helps you sleep better. And it boosts your immune system — giving you more protection from catching colds and such.
- 2. Socially**, laughter connects people. When people share a good laugh, a bond is created. Encouraging some humor in the workplace doesn’t distract workers; instead, it spreads positive feelings and team spirit. As a result, laughter can help increase productivity.
- 3. Emotionally**, laughter has many benefits. Laughing releases serotonin – the “feel good” chemical — into your bloodstream. So it can help you cope with difficulties, pain and stress. It helps perk up your mood.

Wait, there’s more!

Did you know humor can keep you looking younger? Researchers have found that each time you smile and laugh, you use 15 muscles in your face. Those muscles receive increased blood flow and that helps you look younger and healthier.¹

So keep that youthful glow and enjoy lots of other benefits by seeing the fun and humor around you each day.

¹Top ten health benefits of laughing. Accessed July 2020.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.