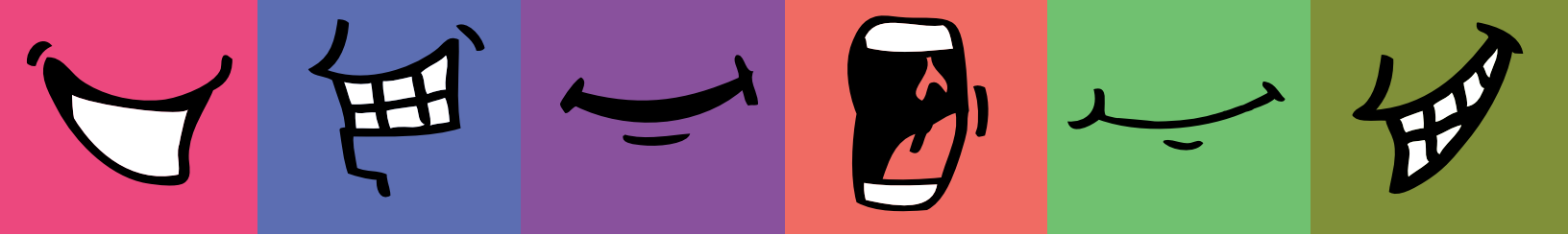




# LaughLines

**Laughter is the best medicine.**  
When was the last time YOU laughed?





## Why laughing is good for you

Laughing actually produces positive physical changes in your body that boost your health immediately **and** over the long term, according to the Mayo Clinic. For example, laughing:

- Releases endorphins and dopamine, which are feel-good hormones
- Relieves stress and helps you cope with it
- Stimulates your heart, lungs and muscles thanks to the sudden increase in oxygen levels
- Reduces pain
- Lessens depression, anxiety and tension
- Increases creativity and cognitive abilities
- Improves your immune system
- Improves relationships, creating happier marriages and bonding among group members
- Helps you shift the way you view situations and allows you to see them from a different perspective

Best of all, laughter is free, easy and readily available to everyone.



## Do you need more laughter in YOUR life?

- Practice, practice, practice. Practicing laughing really works, even if it feels forced at first.
- Spend time with people who make you laugh. Laughing with others is even more beneficial than laughing alone.
- Surround yourself with things that make you smile and laugh. Hang funny comic strips and photos in your work area. Watch funny movies.
- Get laughter delivered to your email or social media news feed. For example, follow the Laughter Is the Best Medicine Facebook page for a steady diet of humorous quotes and jokes.

