

LAUGHTER IS GOOD FOR YOU

Be fit and healthy with laughter. Laughing increases your body's intake of oxygen and gives the muscles in your diaphragm a workout!

Laughing releases endorphins (the body's natural happy chemicals) and stimulates the releases of neurotransmitters (the chemical messengers in the brain). Laughter also increases the amount of antibody-producing cells which leads to a stronger and healthier immune system. In short, laughing is good for you. We all know that but do we do enough of it?

Ten laughs a day, do this simple and easy experiment and notice the difference for yourself. It's fun and easy to do and will result in a reduction of stress whilst promoting increased feelings of well-being and happiness. In fact, it's so simple you can do it sitting down, walking or my favourite place, in the car (when I'm alone!). It's simple and easy to do and even makes you feel better right away and if you are already feeling great this just adds to that.

'Twenty seconds of sustained laughter is the cardiovascular equivalent of three minutes of strenuous rowing.'

Dr William Fry Jr., M.D.

TEN LAUGHS A DAY

When you are alone (unless you are very brave) laugh for 30 seconds. Then do a different laugh for 30 seconds, to start with of course they will be manufactured laughs and not the kind of involuntary laugh that occurs when you see or hear something funny. However, many studies have shown that even pretend or fake laughter releases the 'happy chemicals' (serotonin) and helps to reduce the levels of Nero toxins and stress hormones created in the brain. Besides when you do really ridiculous (see told you to do them when you are alone) laughs they make you really laugh anyway.

So whether you are Ho-ho-ho-ing like Father Christmas, laughing like Woody-



Wood Pecker or doing the highest pitched squeaky laugh you can, they will all stimulate real laughter because of how silly it seems. Silly but not stupid as the health benefits of laughter have shown.

Continue and do ten laughs one after another without pausing to 'think of a new laugh' just keep laughing the way you are and then change and laugh differently, one person I taught this to, told me there weren't ten different ways to laugh (he really needed to do this!), so I showed him 20 there and then and he became embarrassed because I was laughing in such funny ways! He actually ended up really laughing at me, which I encouraged.

Do ten laughs for 30 seconds on your way to work or home but don't go crazy and do it twice a day! As this could make you really happy and result in too much joy in your life! It is only five minutes laughing a day but that adds up to two and a half hours of laughter a month, do you currently laugh for 2 ½ hours a month? What will happen to you when you do? Will it cause you to laugh more? Do this and reap all the health benefits for yourself as you find out. Best of all is you don't have to put any time aside to do this because you can laugh while you are doing other things, like the washing-up, driving etc.

LOOK BACK AND LAUGH ABOUT IT

Have you ever heard someone say 'you will look back at this and laugh'?

After time has passed it is easier to look back at certain things and laugh at them. Why wait! If you make a decision that the next time something happens that would normally upset or stress you, that you will laugh at it instead, it is a much better option. Not only does it make the issues seem less 'stressful' and put you in a better state of mind, it also gives you clarity of mind to be able to find a new way to do it or new solutions.

If you become stressed your brain shuts down and you release toxins into your body. If you smile, laugh or relax you release the 'happy' hormones that gives you clarity of mind. It is, after all, easier to change the thoughts in your head than the outside world!

