

"I asked my dog what's two minus two. He said nothing."



How Humor and Laughter Affect Us Laughter affects heart health.

There is an inverse association between coronary heart disease and a tendency to laugh; laughing more means lower heart attack risk.

- It is associated with fewer episodes of arrhythmias and recurrent heart attacks during cardiac rehabilitation.
- It increases stroke volume and cardiac output, and it dilates blood vessels.
- It increases heart and respiratory rates as well as oxygen consumption over a short period.
- After these initial changes, a person moves into a state of relaxation. 10-15 minutes of laughter per day may burn 10-40 extra calories.
- Laughter has physiological effects; it changes body chemistry and brain function - for the better!

Laughter therapies have been shown to:

- Delay cardiovascular complications of type 2 diabetes.
- Decrease overall rise in blood sugar levels after eating.
- Reduce stress and anxiety levels in hospitalized children and their parents.
- Improvements in cognitive processes include learning ability, delayed recall and short-term memory, creativity, and visual recognition.
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- Laughter increases pain tolerance, raises the levels of feel-good chemicals in the body, and helps keep your immune system strong.
- Laughter decreases inflammation in people with rheumatoid arthritis, and it lowers levels of the stress hormone cortisol. It also might help with sleep by promoting the release of melatonin.

Most of all, laughter increases happiness!