

A Laugh a Day KEEPS THE DOCTOR AWAY

TIPS

Make it a goal to laugh for 10 mins each day

Slow down and identify silly things that occur in your day

Share a joke or funny experiences with others!

QUESTION:

Why did the math book look so sad?

Because it had so many problems!

What happens when we laugh?

Laughing creates a domino effect full of health benefits. It promotes physical and emotional healing and calming effects that can last up to 45 minutes!

Benefits of Laughter



INCREASES OXYGEN

Laughing provokes an irregular pattern of breathing, sending more oxygen to the brain.

STIMULATES BLOOD FLOW

Increased respiration makes the heart pump faster raising your pulse rate and giving your heart a good workout.



IMPROVES ATTENTION

As blood oxygen levels increase, the left hemisphere, frontal lobe and occipital lobe are stimulated making you more aware.

ENHANCES MEMORY

The limbic system, responsible for processing of memories, is also activated, helping process new information.



FIGHTS INFECTION

Reduces stress helping the immune system get stronger

RELAXES MUSCLES

Reduces anxiety and causes muscles to loosen up.



ENERGIZES

It is revitalizing! Leaving you ready for more!

SCAN CODE TO WATCH VIDEO!



Info adapted from
<https://journals.physiology.org/doi/full/10.1152/advan.00030.2017>
<https://www.findapsychologist.org/the-physiological-effects-of-laughter-by-lindsay-wilson-barlow/#:~:text=The%20Physiology%20of%20Laughter&text=Laughter%2C%20in%20simple%20terms%2C%20can,spasms%20that%20create%20chronic%20pain.>

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