

Joy to the World!



The medical profession is currently quite tickled by the concept of **Laughter Medicine**. Fascinating new research seems to be endorsing the ancient wisdom that laughter, happiness and a joyful heart are jolly good medicines!

So many of us work hard each day serving people and their physical, emotional, and mental health needs. Our own skills for exercising joy and laughter may in fact improve **our own** health!



A Look at **Laughter Medicine** Research

- Medical research has measured extensively the movements we make whenever we smile and laugh, not just on our face but through our entire body. The research concludes that it is possible for all 400 muscles of the body to move during laughter - thus laughter has been playfully labeled by some as a form of 'internal aerobics' !
- A joyful belly laugh can burn up to 8.3 calories per minute!
- Whenever we laugh we release a wave of endorphins, the body's natural pain-relaxant - they stimulate feelings of well-being, joy and 'high'. Enough laughter will produce enough endorphins to guarantee a 'high-impact' internal aerobic work-out!
- **Laughter is an impulse that beckons us to balance rush with rest, work with play, seriousness with fun, heavy with light.**
- Laughter is a good medicine for the heart. The effect of laughter on the heart is rather like a vigorous massage. ♥
- Dr Lee Berk at Loma Linda University School of Medicine, CA, shows that laughter, happiness and joy "inspire" the immune system to create white "T" cells, commonly called "happy cells", which help to prevent infection.

(from Robert Holden, a Stress Consultant- Stress News April 1998 Vol.10 No.2)

Tool Box for **EXERCISING JOY!**

- Notice your affect...when people say "HELLO", offer a response and a **smile!** ☺
- Make the agreement with a friend that you will insure each other a minimum of two great laughs a week!
- Go out and play in the snow! ❄️
- **Lighten up! Do a daily personal check- am I taking myself too seriously?**
- Take an ordinary moment and turn it into something extraordinary!
- Change a perception, alter a belief, entertain a new thought, communicate differently, act adventurously!

"Laughter is the shortest distance between two people"
Victor Borge



From the Office of Violence Prevention!
"When people are laughing, they're generally not killing one another". Alan Alda



"Our minds need relaxation, and give way/ Unless we mix with work a little play". Moliere

<http://www.isma.org.uk/stressnw/laughter.htm>