

Day 8 Laughter is the best medicine!

Laughing relieves tension and stress, and stimulates the immune system.

- Medical studies show how serum cortisol levels are lowered and T-cell production increases significantly when laughing.
- Endorphins are also released in the pleasure centers of our brain when we chuckle, snicker, or laugh, giving us a natural "high" feeling.
- Laughter also gives us an excellent aerobic workout by increasing our oxygen intake, enhancing our respiration, and lowering our blood pressure. The movement of the diaphragm during laughter stimulates surrounding organs like the stomach, kidneys, and liver, acting as an internal massage.

Laughing empowers and lifts the spirit. When we feel low, depressed or down, a lighthearted spirit always has the ability to see us through.

The experience of laughter banishes feelings of loneliness, anger, and fear. It overrides troubles by drawing our attention to feelings that are carefree and hopeful.

Laughing enhances our quality of life and the will to live. It re\$uels the spirits energy.

Joy is the echo of God's life within us. It is a tonic, a relief from pain and can withstand any assault. It has the power to make new friends and heal old wounds.

Laughter brings sunshine into any room by driving sorrow, grief, and regret from the human face.

Laughter requires no special talent or ability, no physical power or skill, college degree, or license. It makes you feel good, it's fun and fat-free.

1. Take a humor break

Keep a book of jokes or cartoons handy. If it makes good sense to keep a first-aid kit for medical emergencies why not a mirth-kit to deal with stressful situations?

Ten minutes before a stressful situation read some funny stories. A smile or chuckle will relax and better prepare you for a confrontation. A good laugh makes you feel good and allows you to think more clearly and quickly.

2. Laugh at Yourself

When you make fun of yourself it takes the sting out of what other people say. It shows that you're human, reveals that you are so self-assured that you can laugh at mistakes. Humor keeps you from taking yourself too seriously and makes dealing with others easier.

3. Create a Funny File

Find out what makes you laugh and nurture it. Each of us has an individual sense of humor. There are many life experiences we can look back on and laugh about uproariously. Childhood incidents, school situations, even marriage mishaps. Remember the embarrassing moments that were so painful when they happened but are funny now when you think about them. Put together a humor library. Gather favorite cartoons, comedy records, joke books, funny video films -- anything that will bring a smile to your lips. Bookmark favorite humorous websites.