

# TOOLBOX TALK

## DISCUSSION TOPIC: THE BENEFITS OF LAUGHTER



Laughter is the purest form of communication. It expresses our real desires and intent. Through laughter we are capable of being real, genuine, and authentically ourselves.

### The Physiological Effects of Laughter

Laughter has long been considered good medicine. Research has proven that Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. All this means a stronger immune system, as well as fewer physical effects of stress.

#### Physical Health Benefits

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|-----------------------------------|-----------------------------|
| Eases/Relaxes Muscle Tension      | Reduces Cortisol            |
| Prevents Heart Disease            | Lower Blood Sugar Levels    |
| Boosts Immunity                   | Lowers Stress Hormones      |
| Decreases Physical Pain Receptors | Increases Endorphins        |
| Increases Dopamine                | Improves Respiratory        |
| Increases Oxygen Levels           | Increased Blood Circulation |

### Psychological – Cognitive Benefits of Laughter

The psychological benefits of laughter are profound. Whether you are experiencing moments of health concerns, interpersonal issues, financial struggles, or personal challenges. Under such stressful circumstances pay attention to, delight in and cherish the moments of de-stressing laughter. Research has discovered that authentic laughter can heal, aid and prevent a number of mental health related issues.

#### Psychological - Cognitive Health Benefits

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|---|-----------------------------|
| Relaxation & Restful Sleep              | Builds Rapport with Others  |
| Counteract Depressive Features          | Improves Brain Function     |
| Relieves Stress & Anxiety               | Improves Mood               |
| Releases Negative Feelings and Emotions | Encourages Creativity       |
| Increases Your Social Attraction        | Improves Memory & Alertness |

Laughter has a medicinal benefit; it can heal the mind, the body, and the soul. It is laughter that can lift our spirits when we are down and break the bondage of stress.

Laughter should be practiced on a daily and frequent basis. The benefits for your body and your mind are limitless. Approach life with the expectation that you will laugh and find pleasure in it.

**Remember to live, love, and laugh!**

