

Stress relief from laughter? Yes, no joke

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

By Mayo Clinic staff

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

How to improve — or gain — a sense of humor

Are you afraid you have an underdeveloped — or nonexistent — funny bone? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

- **Put humor on your horizon.** Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humor boost.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- **Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.