Preventing **S T R E S S** with L A U G H T E R THERAPY !!

Mental Health Team, McMaster University Student Centre, B101 www.mcmaster.ca/health

Do you have a healthy sense of humor?
Can you laugh at yourself?

The ability to laugh at a situation or problem can give you a feeling of superiority and power; allow you another perspective on your problems; and foster a positive and hopeful attitude. Laughter helps to relieve the feelings of depression and hopelessness. Having a good sense of humor can change your emotional response when negative things happen.

Laughter really is the best medicine: **It's free and has no negative side effects!**

- Muscles contract and then relax
- Pulse rate and Blood Pressure drop
- Breathing becomes deeper
- Blood Oxygen level goes up– (increases energy, and reduces tension)
- Immune System gets a boost
- Stress Hormones are reduced
- Increase in Endorphins- (makes you feel good)
- Produces positive Emotions
- Reduces Pain

Laughing is Aerobic Exercise

Laughing for 10 minutes gives your body an aerobic workout!
It's like internal jogging!
It uses muscles in your diaphragm, thorax, abdomen, and heart; deepens your breathing; and increases your body's ability to use oxygen.

"The simple truth is that happy people generally don't get sick."
Bernie Siegel, M.D.

Don't you laugh because you are happy?
No--you are happy because you laughed!
You feel better after laughing than before.

FOR LAUGHING OUT LOUD !!

A child laughs 400 times a day, on average.
An adult laughs only 15 times a day.

You know it's good for you, so just do it!
Laugh alone or with others, but always have some good laughs on standby.

- Watch comedy shows or movies
- Bookmark some funny websites or YouTube
- Create a file for funny emails you receive
- Read comics or humor books
- Collect comic strips that make you laugh
- Share a funny story or joke with others
- Hang out with funny people
- Spend time with children and laugh with them
- Read funny greeting cards at the store
- Smile at everyone you pass
- Plan a practical joke
- Do something silly: blow bubbles, fly paper airplanes, yo-yo
- Do fake belly laughs with others for 10 minutes

Take a look in your eyes and laugh at yourself!
You'll be healthier for it.

Laughter Therapy:
Using the positive effects of laughter to release the negative effects of stress.

Does your body know if you actually saw something funny or if you are just faking the laugh?
Of course not.
You can fake a belly laugh and still get the benefits.

Stress
Prevent
Effectively
To
Strategies

Mental Health Team
McMaster Univ. Student Centre B101
www.mcmaster.ca/health