

Laughter is the Best Medicine

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress.



Laughter is strong medicine for mind and body

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”~ Paul E. McGhee, Ph.D. Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- ✓ **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- ✓ **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- ✓ **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- ✓ **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Laughter and humor help you stay emotionally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

The link between laughter and mental health

- **Laughter dissolves distressing emotions.** You can’t feel anxious, angry, or sad when you’re laughing.
- **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Humor shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

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(705) 335-5588 or (toll free) 1-877-277-3327

We offer individual, family, children and couple therapy and serve all communities from Calstock to Cochrane

Rire, c'est bon pour la santé!

Rire au quotidien n'est pas seulement bon pour le moral, ça nous aiderait à maintenir une bonne santé physique. Non, ce n'est pas une blague: en voici la preuve.

«Le rire est le chemin le plus court entre deux personnes», disait Charlie Chaplin. Selon plusieurs chercheurs, le rire serait une forme ancestrale de communication. Les bébés, par exemple, communiquent par le rire avant même de prononcer leur premier mot. Ce qui déclenche le rire diffère peut-être d'un individu à l'autre, mais les bienfaits qu'il procure sont universels.



Remède au stress

Le rire est l'un des remèdes les plus faciles, économiques et efficaces contre le stress. Il amène l'hypothalamus (situé à la base du cerveau) à sécréter des endorphines, aussi appelées «hormones du bonheur». Les endorphines apaisent le corps et apportent un bien-être en réduisant les excès d'adrénaline et de cortisol (hormone en jeu dans le stress). Le rire permet aussi de relâcher les muscles tendus et de libérer l'esprit de ses préoccupations.

Renforce le système immunitaire

Le rire diminue le taux de cortisol, hormone qui inhibe l'activité du système immunitaire dans le corps. Il contribue ainsi à accroître la production d'anticorps capables de protéger l'organisme contre les virus et les bactéries.



Bon pour le cœur

Des expériences ont démontré qu'une séance de 10 minutes de rire a pour effet de réduire la pression artérielle. De plus, le rire améliore la circulation sanguine et l'oxygénation du muscle cardiaque, ce qui diminue le risque de formation d'un caillot sanguin.

Propriétés antidouleur

Le rire favorise la sécrétion d'endorphines, nos morphines naturelles, et des catécholamines, des hormones qui luttent contre l'inflammation. En riant, on pourrait donc aider à lutter contre les douleurs chroniques.

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www.ncarsefap.com



Votre programme d'aide aux employé-e-s et à la famille est là pour vous aider. Pour recevoir de l'aide confidentielle et professionnelle pour affronter des difficultés personnelles, contactez votre programme PAEF pour prendre rendez-vous.

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Nous offrons de la thérapie individuelle, familiale, pour enfants et de couple et desservons toutes les communautés de Calstock à Cochrane