

You're Built for Good Health

You're built for humor

Having a sense of humor is associated with living a longer life.

The millions of dollars spent each year on comedic television shows, books and movies prove that humor is a must-have in life. Other than being great fun, laughter produces feel-good chemicals in your brain called endorphins. They give you a natural high and can help ease pain. It seems our bodies are hard-wired to respond positively to humor. Laughter can also:

- Reduce stress, anxiety and depression
- Strengthen your immune system
- Extend your life expectancy
- Lower risks for heart disease

