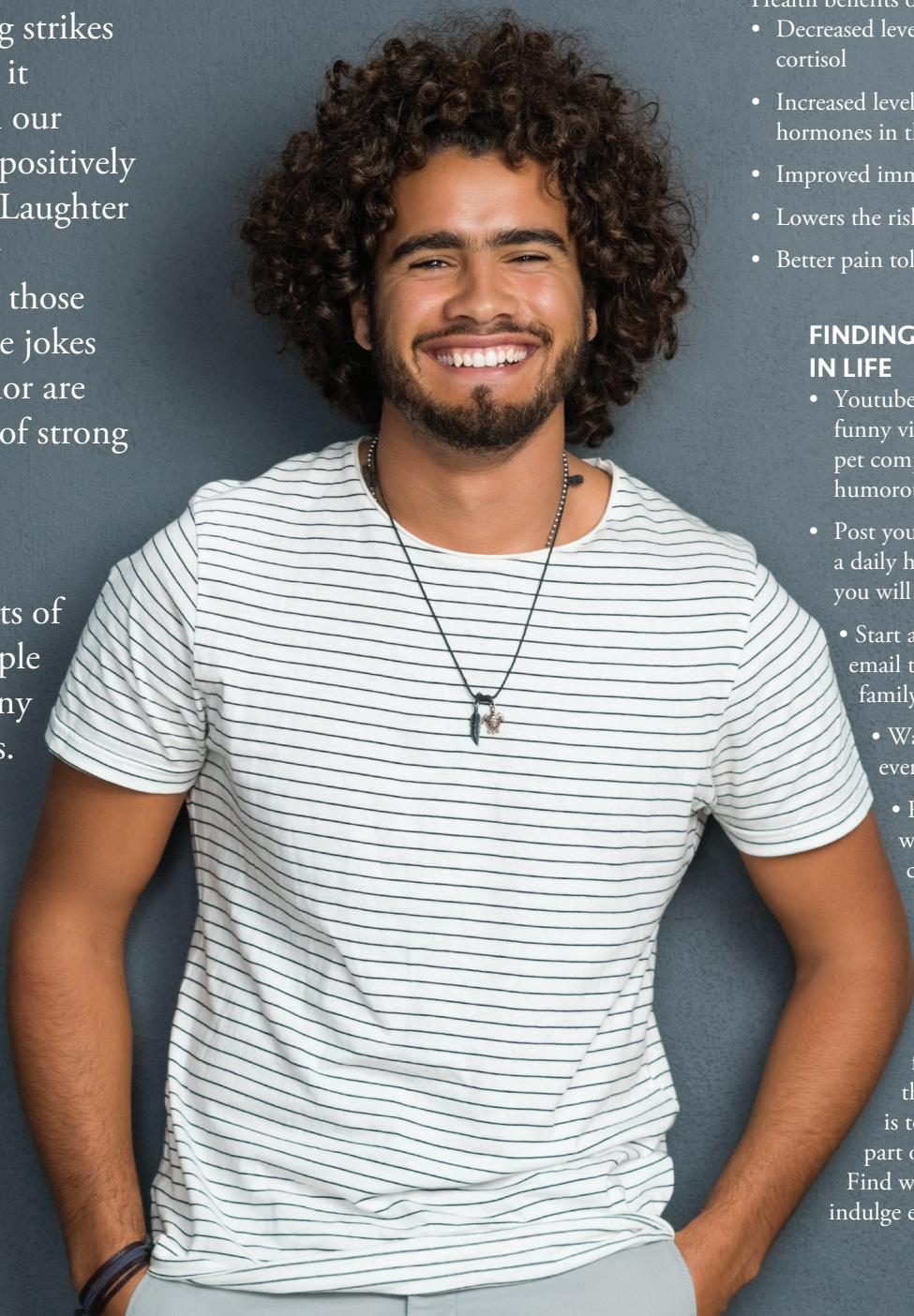


Laughter *and its benefits*

In everyday life, laughter is a potent stress reliever. When something strikes us as humorous, it distracts us from our worries and can positively shift our mood. Laughter also deepens our connection with those around us. Inside jokes and playful humor are important parts of strong relationships.

Scientists have studied the effects of laughing on people dealing with many different diseases. Laughing and humor show promise as a potential therapy to promote healing.



HEALTH BENEFITS

Laughter is good for the body and mind. Health benefits of laughing may include:

- Decreased levels of the stress hormone cortisol
- Increased level of “feel-good” hormones in the brain
- Improved immune system function
- Lowers the risk of heart disease
- Better pain tolerance

FINDING MORE HUMOR IN LIFE

- Youtube is a great source of funny videos. Pull up a funny pet compilation or videos of humorous bloopers.
- Post your favorite comic strip or a daily humor calendar where you will see it every day.
- Start a funny meme text or email thread with friends or family.
- Watch a sitcom in the evening to help you unwind.
- Read a memoir or book written by an author (or comedian!) known for their humor.

You could probably think of many other things that tickle your funny bone. However, the most important thing is to make humor a regular part of your Veterans day. Find what makes you laugh and indulge every day.