

# The Power of Laughter

## Laughter is Good for your Physical Health

- \* Releases endorphins into your brain
- \* Releases stress
- \* Boosts energy
- \* Relieves minor pains
- \* Elevates your mood
- \* Relaxes the whole body
- \* Boosts the immune system
- \* Improves blood circulation

## Laughter Improves your Mental Health

- \* Relieves sad or distressing emotions
- \* Relaxes your mind and recharges your energy
- \* Helps you stay focused
- \* Improves your problem solving skills

## Laughing Strengthens Relationships

- \* Brings friends or family members closer together
- \* Adds joyfulness
- \* Includes fun into the relationship
- \* Adds spontaneity
- \* Helps you let go of judgments, doubts, and criticisms
- \* Releases self-consciousness
- \* Lets you express your true feelings

## Laughter At Work

- \* Fewer sick days
- \* Increased sales
- \* Better working environment
- \* Increased production
- \* Higher morale
- \* Makes difficult situations more bearable

## Laughter At Home

- \* Unifying
- \* Therapeutic
- \* Builds stronger relationships
- \* Releases tension
- \* Lets you have fun with your family
- \* Encourages forgiveness
- \* Stronger sense of connection
- \* Makes difficult situations more bearable

## Laughter With Friends

- \* Forges stronger bonds
- \* Renews friendships
- \* Creates new friendships

## Laughter While Networking

- \* Breaks the ice
- \* Encourages people to get to know one another