



# No Weight Gain Contest

## Tip #7: Stress Relief from Laughter? Yes, no joke



Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced.

.....  
I joined a health club last year, spent about \$400 and haven't lost a pound. Apparently, you have to show up.

.....  
If it weren't for parking lots, some of us wouldn't do any walking at all.

.....  
You know that you're out of shape when you can't pull supermarket shopping carts apart.

.....  
Girl: I'd like a triple vanilla ice cream sundae with chocolate syrup, nuts, whipped cream, topped off with a slice of cucumber.

Waiter: Did I hear you right? Did you say top it off with a slice of cucumber?

Girl: Good heavens, you're right! Forget the cucumber – I'm on a diet.

.....



When it comes to relieving stress, more giggles are just what the doctor ordered. Here's why.

### Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

### Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.

Source: <http://www.mayoclinic.com/health/stress-relief/SR00034>