

Wellbeing Tip of the Week

The Joy of Laughter



It's true, laughter is a strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing works faster to bring your mind and body back into balance than a good laugh. Here are some ways to start thinking about adding more humour to our routines this month:

- **Smile** - Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling.
- **Bring humour into conversations** - Ask people what funny things they have seen recently, or if anything funny has happened to them.
- **Engage with comical media** – If you know there are certain shows, video clips, writers, comedians that make you laugh, make time to engage with them.
- **Spend time with fun, playful people.** As humans, we take on the energies of people around us so try and spend time with those who laugh easily—both at themselves and at life, and who routinely find the humour in everyday events.