**It’s no joke, laughter can relieve your stress**

Having a good chuckle does more than give you a sore abdomen or bring tears to your eyes. In fact, it’s just what the doctor ordered. Whether you’re laughing at a TV show or giggling at your friend making a spill on the ice outside the bus stop, laughing does you good. Laughter is one of the greatest forms of stress relief, and that’s no joke. Can you believe it? I can. Think about it, haven’t you ever noticed the sudden shift in your mood after you experience a good belly laugh?

In addition to the lightened mood you experience after a laugh attack; there are other positive side effects of laughter that you may have never expected. Read up, laughter is far more beneficial than you’ve ever imagined it could be.

Laughter can:

-Enhance your intake of oxygen-rich air, stimulate your heart, lungs, and muscles, and increase endorphins that are released by your brain.

-Stimulate circulation and aid muscle relaxation. Both of these reduce physical symptoms of stress (laughter along with a good head massage, but let’s be realistic, your friends will be far more inclined to give you a laugh than a massage).

-A deep belly laugh fires up and cools down your stress response and increases your heart rate and blood pressure. This leaves you with the utmost relaxed feeling.

-Laughter or positive thoughts in general release neuropathies that help fight stress and improves your immune system. The more negative thoughts you have, the faster those are manifested into chemical reactions that decrease your immunity.

Don’t know any funny people? Give these YouTube videos a look. They all gave us a good chuckle.

<http://www.youtube.com/watch?v=qR3rK0kZFkg>

<http://www.youtube.com/watch?v=N9oxmRT2YWw>

<http://www.youtube.com/watch?v=CAP-Xj4Fz18&feature=related>

<https://www.youtube.com/watch?v=YRbLxfgLX9I>

Now go ahead, laugh it off. After all, laughter really is the best medicine.