

Take Time to Laugh Today

Have you heard the one about the woman who laughed herself healthy? Well it's no joke. Research suggests that laughter is more than just good fun. It also may be good for your health.

GIGGLE YOUR WAY TO HEALTH

One theory suggests that laughter triggers your body to release endorphins. These natural substances promote well-being and reduce pain. Research also shows that laughter may:

- Help people relax.
- Boost the immune system.
- Cheer up a blue mood.
- Decrease fear and anxiety.
- Help people cope with cancer and other life-threatening illnesses.

If you laugh hard enough, laughter is also a form of exercise. A good sidesplitting session of guffaws will temporarily increase your heart rate.

SCHEDULE SOME LAUGHS

To inject more healthy laughter into your life, try these tips:

- Let the funny things that happen to you give you a chuckle.
- Hang out with people who look at the funny side of life.
- Read the comics in your daily newspaper.
- Cut out funny cartoons, and share them with someone else.
- Listen to comical audiotapes or radio shows.
- Watch funny videos, movies or TV shows.
- Read and share jokes and stories on the Internet.

