

# Positive Pulse

Your monthly dose of advice on healthy living

## February 2020

### Laughter is the Best Medicine



We're back this month for more tips on healthy living! This month's topic is laughter. Everyone loves to giggle and guffaw now and then, and for good reason!

- Laughter may not always be the best medicine, but it can help keep you healthy, in both the short term and long term.
- There are many ways to live your life that lets laughter in naturally.
- A good start to get the giggles going can be to watch your favorite funny movie or comedian or to discover something new to tickle your funny bone!



# Health Benefits of Laughter

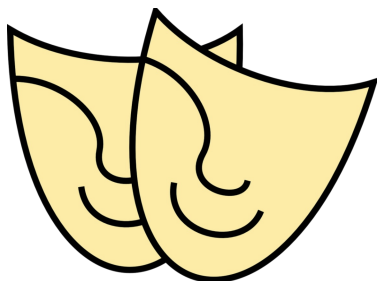
## Short-term benefits

- Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Laughing activates and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. This creates a good, relaxed feeling.
- Laughter stimulates circulation and aids muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

## Long-term effects

- Positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Laughter may ease pain by causing the body to produce its own natural painkillers.
- Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



# Infuse Your Life With Humor

## Put Humor All Around You

- Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office.
- Keep funny movies, books, magazines or comedy videos on hand for when you need an added humor boost.
- Look online at joke websites.
- Go to a comedy club.

## Don't Take Life Too Seriously

- Find a way to laugh about your own situations and watch your stress begin to fade away.
- Even if it feels forced at first, practice laughing. It does your body good.

## Laughter Yoga

- In laughter yoga, people practice laughter as a group.
- Laughter is forced at first, but it can soon turn into spontaneous laughter.

## Share a Laugh



- Make it a habit to spend time with friends who make you laugh.
- And then return the favor by sharing funny stories or jokes with those around you.

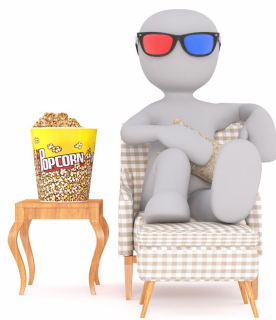
## Learn Some Jokes

- Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.
- Try to create some of your own from funny life experiences.

## Know What Isn't Funny

- Don't laugh at the expense of others.
- Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.
- Name calling or singling out others who are different isn't a good way to joke.

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# Comedies and Stand-Up

Looking to laugh but don't know what to watch? Click below for a list of popular comedy movies and stand up specials from the last decade.



## The 20 Best Comedies of the Decade, Ranked

20 Comedies from the 2010s to check out.

[Read more](#)  
collider.com



### The 2010s-Top Comedy Specials

The 50 highest-rated comedy specials of the 2010s (as at 1 January 2020).

[Read more](#)  
letterboxd.com

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# Let's Stay Healthy and Laugh!



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Looking to learn more about healthy living?  
We can hold a Healthy Lifestyles Workshop at your  
location!





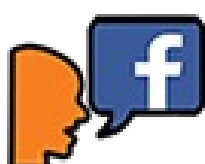
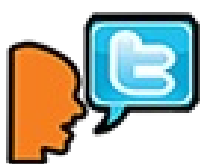
Don't see what you're looking for? We'll make it for you!  
E-mail [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a  
training at your location!



*The Horizon Foundation for New Jersey*

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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