



Everyone knows it feels good to laugh, here are a few things you may not know about laughing.

A recent study indicated that people with a good sense of humor and a tendency to laugh may be less likely to develop heart disease compared to people who possess antisocial personalities.

Meeting stressful situations with a sense of humor may be particularly significant to heart health.

In a 23-year study, people who recorded the most positive attitudes about getting older appeared to live the longest. For example, people who agreed with such statements as "I am as happy now as I was when I was younger" or "As I get older, things get better" tended to outlive their less optimistic peers.

Health Benefits of Laughing

- **Strengthens the Immune System:** It has been proved that all negative emotions like anxiety, depression or anger weaken the immune system. Laughter helps to improve your immune system and raises the antibody levels in your body.
- **Stress, High Blood Pressure and Heart disease:** : A good chuckle is one of the finest, most economical and easy to practice anti-stress measures. It is one of the best muscle relaxants. Laughter helps to control blood pressure by reducing the release of stress-related hormones and bringing relaxation.
- **Makes You Look Younger:** Laughter tones up the muscles of the face and improves facial expressions. Laughing people look more cheerful and attractive.
- **Internal Jogging:** Laughing provides a good massage to all internal organs. It enhances their blood supply and increases their efficiency. Laughter exercises the abdominal muscles and helps to improve muscle tone.
- **Natural Pain Killer:** Laughter increases the levels of endorphins in our bodies, which are natural pain killers.
- **Bronchitis and Asthma:** Laughter is one of the best exercises for those suffering from asthma and bronchitis. It improves the lung capacity and oxygen levels in the blood.

