



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



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THIS MONTH'S TOPIC: LAUGH AND LIVE



January 24 is National Global Laugh Day. Laughter is a great form of medicine and stress relief, and that is no joke. Healthcare professionals are saying that a laugh a day may help keep the doctor away! A good laugh has both long-term and short-term benefits. Whether you are laughing with friends or at a TV show, laughing improves your health.

Another benefit of laughter might be weight loss. Depending on your body weight, you can burn 10 to 40 calories by laughing out loud for 10 to 15 minutes a day. That's about four pounds a year.

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Disabilities
accommodated
with prior notification.

Like laughter, smiling is contagious. When you look at someone or see something even mildly pleasing, practice smiling.

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Physical health benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits

- Adds joy to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social health benefits

- Strengthens relationships
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Here are some ways to bring more laughter into your life:

- **Smile.** Smiling is the start of a laugh. In addition, just like laughter, smiling is contagious. When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with.
- **Practice gratitude.** Make a list of the things you are grateful for. The simple act of considering the positive aspects of your life will distance you from negative thoughts that block humor and laughter. This will also bring a smile to your face as you count your blessings.
- **Share a laugh.** Go to a comedy club or invite friends over to play a silly game.
- **Make time to laugh.** Find a funny movie, sitcom, or comedian on TV.



Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced.

REFERENCES:

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