



# Wellness by the Month

## National Humor Month

**Laughter** transcends all cultures and religions because it is the medicine of the soul and the sound of its healing. It is contagious. It impacts your physical health and well-being.

**Did you know that an average preschool-age child laughs up to 400 times per day, while an average adult laughs only 17 times per day?**

### Laughter

- Reduces pain by releasing endorphins
- Boosts your immune system and speeds healing
- Works your abdominal muscles and relaxes other muscles
- Helps you to overcome negative feelings and to see life in a new perspective
- Opens your blood vessels and may reduce risk of heart attack
- Raises energy expenditure and increases heart rate 10 – 20 percent. Laughing for 15 minutes can burn between 10 – 40 calories per day which could melt away four pounds over the course of a year.

### So

- Lighten up
- Don't take yourself so seriously
- Accept change
- Smile

"The simple truth is that happy people generally don't get sick." Bernie Siegel, M.D.

[www.mc.vanderbilt.edu/reporter/index.html?ID=4030](http://www.mc.vanderbilt.edu/reporter/index.html?ID=4030)

[http://www.humorforyourhealth.com/articles/6\\_amazin\\_powers\\_or\\_laughter.html](http://www.humorforyourhealth.com/articles/6_amazin_powers_or_laughter.html)

[http://www.aarp.org/health/fitness/get\\_motivated/positive\\_thinking.html](http://www.aarp.org/health/fitness/get_motivated/positive_thinking.html)

<http://www.webmd.com/mental-health/tc/Mental-Health-Problems-and-Mind-Body-Wellness-Positive-Thinking>