

HUMOR: LAUGHING YOUR WAY TO GOOD HEALTH

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

WHAT TO KNOW!

- ❖ Laughter, indeed, may be one of the best medicines
- ❖ Humor and laughter create a positive and hopeful attitude
- ❖ Humor therapy involves the use of humor to relieve physical and mental distress
- ❖ Humor is an extremely good coping mechanism and a powerful combatant of stress
- ❖ Humor is a very powerful way of relieving tension and taking care of ourselves
- ❖ Researchers have shown that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function
- ❖ Laughter also increases endorphins, the body's natural painkillers, and gives a sense of general well being
- ❖ Laughter increases the body's use of oxygen
- ❖ Laughter can distract people from pain and assist in the healing process
- ❖ For many reasons, people just feel good when they are happy
- ❖ Laughing also serves to release our negative emotions
- ❖ If we laugh at our problems, we are less likely to be depressed or anxious
- ❖ Humor allows people to feel in control and perceive situations as more manageable
- ❖ Humor changes our perspective on how we see things so that they are not so troubling
- ❖ Humor is good for self-care as it releases tension and pleasure can be experienced
- ❖ People generally like other people who are funny
- ❖ Many hospitals have incorporated humor into therapeutic and recovery programs
- ❖ Passive humor refers to watching movies and television or listening to recorded material
- ❖ Spontaneous humor refers to finding humor in the moment or situation
- ❖ Belly laughs result in muscle relaxation, cardiac exercise, and increased breathing
- ❖ In the thirteenth century, surgeons used humor to distract patients during surgery
- ❖ Norman Cousins reversed a painful degenerative illness with his own treatment program of 15 minutes of humor that produced two hours of pain free sleep

WHAT TO DO!

- ❖ Give yourself permission to laugh and enjoy humor
- ❖ Allow yourself to let go and enjoy belly laughs
- ❖ Add humor to your life by making light of difficult situations
- ❖ Watch funny standup, television, or comedy shows
- ❖ Watch and discuss funny movies retelling the funny parts
- ❖ Read comedy or funny books
- ❖ Call friends to share truly funny jokes or email them
- ❖ Follow Bill Cosby's advice: "If you can laugh at it, you can survive it."
- ❖ Purposely blow situations out of proportion to the point of absurdity
- ❖ Share humorous situations with your family
- ❖ Join laughing clubs or other groups dedicated to humor
- ❖ Seek professional help if you are unable to find or enjoy any humor

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive
Coral Springs FL 33067