

The Benefits of Laughter

65 Good Reasons to Laugh



1. Laughter is good for your health.
2. Laughter releases endorphins.
3. Laughter works as a form of exercise to flush out your lungs.
4. Laughter oxygenates the blood.
5. Laughter boosts the immune system.
6. Laughter creates the chemistry of happiness in your body.
7. Laughter is a universal language.
8. Laughter is a wonderful bond between people.
9. Laughter vaporises enmity and bad feeling between people.
10. Laughter cuts tyrants and bullies down to size.
11. Laughter relaxes all the muscles in the body.
12. Laughter makes your eyes shine.
13. Laughter reduces the harmful stress hormones in the blood.
14. Laughter reduces the effects of depression.
15. Laughter helps you to cope with the challenges of life.
16. Laughter builds self-confidence.
17. Laughter is an important social skill.
18. Laughter helps normalise blood pressure.
19. Laughter reduces – and sometimes eliminates - pain.
20. Laughter is an important coping mechanism.
21. Laughter is an important exercise for sedentary and bed-ridden people.
22. 1 minute of laughter = 10 minutes on a rowing machine. (Dr William Fry)
23. Laughter is contagious and can zip through a crowd uniting and energising
24. Laughter promotes a sense of well-being.
25. The ability to laugh at oneself is the definition of a GSOH (Good Sense Of Humour).
26. Laughter helps us to think our way out of trouble.
27. Laughter diffuses tension.
28. Laughter refreshes us when we are out of hope and energy.
29. If you can laugh at any situation – however bad – you can survive it.
30. Laughter lightens any load.
31. Those who laugh a lot do not suffer from depression.
32. Laughter increases our H.Q. (Happiness Quotient).
33. Laughter relaxes the mind.
34. Laughter helps you make friends.
35. You need to express your laughter in order to be healthy and happy.
36. People who laugh easily and well are popular and relaxed.
37. Laughing at your troubles is the fastest route to solving them.
38. Laughter helps us learn and remember.
39. Laughter is the release valve in the pressure cooker of stress.
40. Laughter helps us cope when life gets grim and serious.

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41. Laughter evaporates the barrier between us and our spirituality.
42. Laughter dissolves fear.
43. Laughter works as well as any wonder drug and has no side-effects.
44. Laughter with friends creates indelible memories.
45. Pain is part of life but – if you can laugh at it - suffering is optional.
46. However plain your features laughter creates magic and beauty.
47. The spirit of Laughter magnetically draws people to you.
48. Laughter conquers all adversity.
49. When you can laugh at the game of life you are automatically a winner.
50. Unless you can laugh at a situation you may drown in it.
51. Laughter paves the way for forgiveness.
52. Laughter changes mere Existence into Truly Living.
53. Laughter creates transcendence.
54. It is impossible to laugh wholeheartedly and hate at the same time.
55. Laughter fixes any fact or experience in the memory.
56. 30 minutes of mirthful Laughter can reduce serum cortisol by up to 87%
57. Laughter in the face of trouble is universally admirable.
58. Laughter unlocks a frozen brain.
59. Laughter unlocks tense muscles.
60. Laughter neutralises fear.
61. Laughter dispels a bad atmosphere.
62. Laughter unites people in their humanity.
63. Laughter belongs to Youth so to laugh is to become Youthful again.
64. The ability to laugh at oneself is a certain cure for addiction.
65. Laughter by Jesters redeems Kings from the Abuse of Power.

AND 5 THINGS THAT POISON LAUGHTER

1. Jeering Laughter makes both the laugher and the victim feel bad.
2. Laughter designed to exclude others shows mean-heartedness.
3. Laughter without remorse only compounds bad deeds.
4. Malicious Laughter is unforgivable.
5. Laughter at those in lowly positions shows a debased character.

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It Could Be Verse – An Anthology of Laughter Quotations
for those Suffering from Stressful Situations

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