

Laughter is the best medicine!

After a good fit of the giggles, we feel relaxed, calm and free from tension. Apart from the amusement factor, laughter is the cause of many physical benefits.

Laughter does us a lot of good

We laugh in response to many kinds of stimuli: intellectual (jokes, funny images, witty remarks) and physical (tickling, laughing gas and so on). Whatever the cause, a burst of laughter does us a whole lot of good! Firstly it relaxes us and secondly, it helps to drive away stress.

Tensions fade away

The result of having a good laugh is that you breathe and digest better; your physical tensions fade away, you feel euphoric and you forget your worries. After a hilarious evening, you sleep better and wake up feeling good the next morning.

Laughter involves sharing & communication and so brings people together.

- It alters chemicals in your brain and causes a feeling of euphoria.
- After a night out laughing with your friends or watching a funny film, you sleep better and wake up refreshed.



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