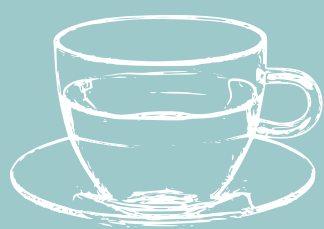


# HEALTH BENEFITS OF LAUGHTER



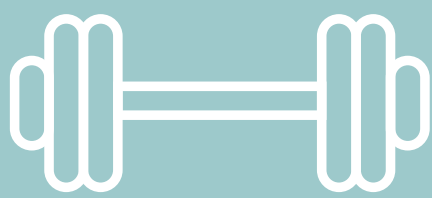
## Soothe Tension

Laughing can relieve physical symptoms of stress by stimulating circulation and aiding muscle relaxation.



## Relieve Pain

Laughing can cause the body to release its own natural painkillers.



## Improve Your Immune System

Laughter and positive thoughts help release brain chemicals that fight stress and other more serious illnesses.



## Improve Mood

Laughing can help lessen depression and anxiety and can help you feel happier.



## Activate and Relieve Your Stress Response

Longer laughs activate and then bring down your stress response, decreasing heart rate and blood pressure, leaving you with a relaxed feeling.