Laughter Is the Best Medicine

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There has been growing concerns about health and well-being of people in the modern world. When most people face problems in their life, it is said that laughter is an important element which helps to deal with these problems. Laughter boosts the mood among other medical benefits. When people laugh together, their level of happiness increases, which is beneficial to their health. Scientists have shown that laughter increases body energy, helps improve the body’s immunity as well as reduce pain and stress. In relationships, laughing brings good emotions, and this brings happiness despite the problems which are being experienced, and this is helpful for both the emotional and physical health (Bell, 2010).

For the mind and the body, laughter lightens one’s burden and gives that person hope for improvement. After a conflict, laughter helps to bring the mind into a balance and a happy state. A sense of humor helps one connect with others and stay focused, thereby reducing chances of depression (Bell, 2010). When people laugh, they consume more oxygen. Laughter helps the body to relax by relieving physical body tension and stress, thus keeping the muscles relaxed for more than 40 minutes later. Laughter helps in protecting the heart by increasing the flow of blood, which improves the functioning of the blood vessels. This prevents cardiovascular problems such as heart attack. Laughing promotes the production of endorphins, which are simply the “feel-good” natural chemicals of the body. This brings a sense of well-being to the body and even temporarily relieves pain (Unruh, 2005). Laughter is good for the heart and brain, which are two organs that benefit (and require) a stable flow of oxygen from blood flow. The body’s immune system gets improved by laughter; thus, the body of a person who laughs more in their life has a better chance of fighting infections and is more resistant to diseases.
The feelings of anxiety and anger disappear when a person has genuine laughter. If he/she continues laughing, it might even change their perspective on the situation. Laughter enables people to look at situations in a less threatening light and in a more realistic manner. Laughter among people creates a positive bond that prevents disappointments, stress, and disagreements (Unruh, 2005). During difficult times, laughter and humor brings a sense of unity and reduce the level of hurting among people. Humor in a daily life improves the quality of interaction with family members, friends, and people in the workplace. A person with a sense of humor is less defensive and more likely to forget criticism, doubts and judgments, which is good for relating with others.

Humor and laughter help people get away from the troubles and release the fear of making progress (De, 2010). Some experts say that most of the physical health problems are coming from the mind. A conflict in the mind can bring about physical pain. A change in a general attitude toward life, while having frequent laughing occasions and being optimistic, will help overcome some of the physical ailments (De, 2010). As a fact, laughter is the feature of a hopeful and cheerful personality; it improves hormone secretion and its regulation in the body, as well as improves digestion leading to a healthy being.

In conclusion, some doctors say that laughter helps remove the toxins out of the body system, leaving one feeling great and refreshed mentally and physically. A cheerful attitude towards life provides one with the power to face difficulties confidently and fearlessly (Beilenson, 2008). It also makes people likeable, for they appear brighter than people without a sense of humor. As a result, laughter restores (or establishes) a positive emotional environment and a sense of connection among people.
References


