

August 16, 2020



I would like to share with you, in this letter, some thoughts on laughter from the **Help Guide to Mental Health & Wellness**.

Laughter is strong medicine. The ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing our relationships, and supporting both physical and emotional health. Best of all, **this priceless medicine is fun, free, and easy to use.**

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, we can improve our emotional health, strengthen our relationships, find greater happiness—and even add years to our life!

Laughter is **contagious**. We are many times more likely to laugh around other people than when we are alone. And the more laughter we bring into our own life, the happier we and those around us will feel.

Humor lightens our burdens, inspires hope, connects us to others, and keeps us grounded, focused, and alert. Sharing humor is half the fun—in fact, **most laughter doesn't** come from hearing **jokes**, but rather simply from **spending time with friends and family**. It is this social aspect that plays such an important role in the health benefits of laughter. We can't enjoy a laugh with other people unless we take the time to **engage** with them.

When we care about someone enough to **switch off our phone** and really connect face to face, we are engaging in a process that rebalances our nervous system. And if we share a **laugh** as well, we both will feel **happier**, more positive, and more relaxed—even if we are unable to alter a stressful situation time. Shared laughter is one of the most effective tools for keeping relationships alive.

Emotional sharing **builds** strong and **lasting relationship bonds**, but sharing **laughter adds joy, vitality, and resilience**. Laughter unites us during difficult times. **Humor**, also, is a powerful and effective way to heal resentments, disagreements, and hurts.

Humor and **playful communication with God and others strengthens our relationships and emotional connections**. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

Laughter to be **continued** in my next newsletter,

Be light-hearted.