

## Laughter Is the Best Medicine

You have probably heard the term laughter is the best medicine. It may even be a bit cliché at this point. However, it still holds quite true. If you are feeling down, forcing yourself to smile or laugh can turn your mood around.

If you are in need of a pick-me-up, make sure you hang out with people who are upbeat. If you are with others who are down as well, it's going to be difficult for each of you to get out of your funk.

No one can truly be happy 100% of the time. If you are unhappy more than you are happy, it could be time to seek some help. But, part of your therapy could very well be to use laughter.

There are clinics that promote laughing as part of the group. It entails gathering in a circle and forcibly laughing while the group participates. Depending on who is running the event, each person may take a turn laughing and then the group joins after the last person completes the exercise.

It seems strange to outsiders, but participants are proponents of the methods. They get a good feeling after the sessions, and many say they make great friends in the process.

Laughter can help lower stress as well. It releases endorphins in your brain which are responsible for you feeling good. It is even believed to help in producing antibodies which can fight disease. This could be how the phrase, laughter makes the best medicine, came about.

You may feel strange yourself early on when incorporating laughter into your routine. But, even if it is forced, as you do more you'll get more used to it, and it will stop feeling strange over time. You will have the tools you need to change your mood. After

a while, you will find yourself laughing for real rather than forcing it.

It will improve your general outlook on life. People you associate with will also take notice and want to hang out with you more.

Give it a try for a consistent period. Notice the changes that you experience in your feelings. It is likely you will never go back to the way it was. While no one can guarantee using laughter will make you live longer, it won't hurt you in any manner. The question is, why wouldn't you use it if you've got nothing to lose?

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