



Use laughter medicine!



"Even the Gods love jokes." said Plato! And he was not the only one believing in the value of laughter. It is recorded in sacred scripture and it has undergone extensive research.

Dr. William Fry, a professor of psychiatry at Stanford University Medical School and expert on health and laughter, reports that the average kindergarten student laughs 300 times a day. Yet, adults average just 17 laughs a day. Why is there such a humongous difference? Are we too uptight, too tense or do we take life too seriously? Isn't it time we learned how to relax? We don't stop laughing because we grow old; we grow old because we stop laughing. G.K. Chesterton said that "*Angels fly because they take themselves lightly*". So, if we want to fly like the angels and share in their happiness, we'll have to follow their example and take ourselves lightly.

Our five senses are not enough for ideal living. We need to use our sixth sense: our sense of humour.

Humour isn't about merely telling jokes; it's the way we view the world. We can be sincere about life without taking it so seriously. We can laugh about our mistakes and pain. Humour simultaneously wounds and heals, indicts and pardons, diminishes and enlarges and it constitutes to inner growth. After all we don't laugh because we're happy, we are happy because we laugh.

The benefits of laughter are too numerous to ignore. Now is the time to resolve that we will consciously make an effort to laugh frequently throughout the day. Of course, as we do so, we will laugh *with* people - not *at* them. We will laugh at what people do, not at what people are. We will laugh not only to lighten our burdens, but those of everyone we meet.

The benefits of laughter:

1. Laughter dissolves tension, stress, anxiety, irritation, anger, grief, and depression. Like crying, laughter lowers inhibitions, allowing the release of hidden emotions. After a hearty bout of laughter, you will experience a sense of well-being. Simply put, he who laughs lasts. After all, if you can laugh at it, you can live with it. Remember, a person without a sense of humour is like a car without shock absorbers.
2. Laughter boosts the immune system (and there is scientific evidence to prove this).
3. Laughter reduces pain by releasing endorphins that are more potent than equivalent amounts of morphine.
4. Humour helps integrate both hemispheres of our brain, because the left hemisphere is used to decipher the verbal content of a joke while the right hemisphere interprets whether it is funny or not.
5. Laughter adds spice to life; it is to life what salt is to a hard-boiled egg.

6. Develop and use your sense of humour and you will find you are more productive, a better communicator, and a superior team player.
7. Laughter makes everyone more lovable. The more you share your sense of humour, the more friends you will have.
8. Humour brings the balance we all need to get through the turbulence of life comfortably.
9. Laughter is even equivalent to a small amount of exercise. It massages all the organs of the body and does wonders to your abdominal muscles.
10. A sense of humour can help you accept the inevitable, rise to any challenge, handle the unexpected with ease, and come out of any difficulty smiling.

In summary, I would like to say that **the most wasted day is that in which we have not laughed!**

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