Benefits of laughter/therapeutic value of laughter

Introduction- Laughter is the only universal language that people of all cultures can easily perceive. Medically, laughter has been proved to be the best medicine to reduce many health risks, but we can’t forget the benefits it also leaves on our mental and social health.

1. Research proves laughter is the drug our body needs to live longer healthier lives.
2. Helps reduce blood pressure thanks to the increase of oxygen in the blood stream due to blood vessel dilation.
3. Provides a boost in immunity through an increase in human growth hormone.
4. Decreases pain
5. Aids in coping with difficult situations to improve one’s mental well-being.
6. Reduces stress,
7. Ceases anger
8. Eases anxiety and tension
9. Counteracts depression
10. Laughter is a behavioral tendency that can improve quality of life.
11. Elevates mood and self-esteem
12. Gives hope when there is nothing left,
13. Provides us with vast amounts of energy
14. Easily improves quality of life
15. Strengthens communication
16. Improves relationships by attracting others to us
17. Brings joy that can be spread.

Conclusion- We should all laugh more by ourselves and with those that surround us. Laughter has many benefits and can positively be used therapeutically as a healing mechanism.