

# BENEFITS OF LAUGHTER YOGA

Laughter yoga can benefit physically, mentally, and socially to an individual as follows:

1. **Physical health benefits**
  - Boosts immunity
  - Lowers stress hormones
  - Decreases pain
  - Relaxes muscles
  - Prevents heart disease
  - Lowers blood pressure
2. **Mental health benefits**
  - Adds joy and zest to life
  - Eases anxiety and fear
  - Relieves stress
  - Improves mood
  - Enhances resilience
3. **Social health benefits**
  - Strengthens relationships
  - Attracts others towards us
  - Enhances teamwork
  - Helps to reduce conflict
  - Promotes group bonding

And here are the scientifically proven benefits of laughter:

## 1. Boosts Your Immune System

Laughter boosts the immune system by decreasing stress hormones and increasing immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter also stimulates the lymph system.

## 2. Lowers Stress

Laughter releases a rush of stress-busting hormones like epinephrine and dopamine. A good, hearty laugh from the belly also oxygenates your body and provides an emotional and physical release, removing tension and leaving your body relaxed.

## 3. Relieves Pain

Laughing can release endorphins, the body's natural pain killers, which can help ease chronic pain.

## 4. Gives Your Abs a Workout

Laughter can help you burn a few calories and tone your abs and diaphragm. When you are laughing, the muscles in your stomach expand and contract, similar to when you intentionally exercise your abs. Some experts say laughter is "internal jogging."

## 5. Protects Your Heart and Lungs

Laughter increases your heart rate and oxygen levels, which both improve the functioning of blood vessels and blood circulation. Laughing can help reduce blood pressure and protect you against a heart attack and other cardiovascular problems.