

How **laughter** helps your brain



Laughter

Laughter is a mental and a physical response to something we find humorous or funny, or an outside stimulus like a tickle. Besides just being funny, laughter can have a positive impact on our physical and mental health and improve our overall well-being.

Mental effects of laughter

Laughter has been shown to reduce stress and anxiety, as well as symptoms of depression. It can boost our mood and energy, and even raise our self-esteem.

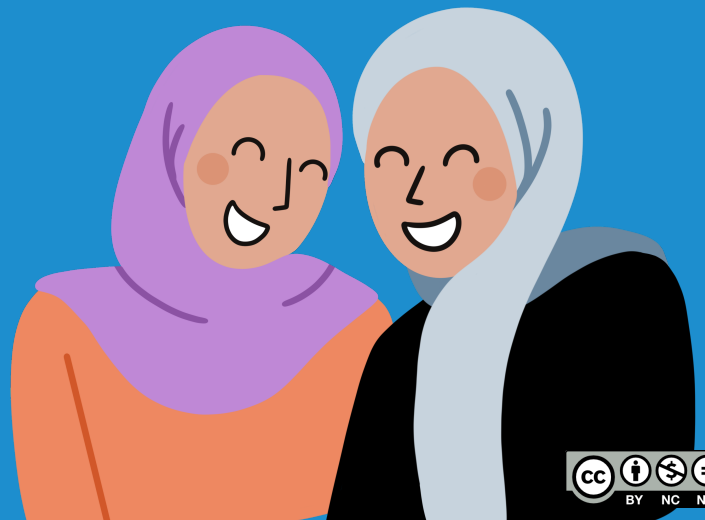
Laughter also can affect our memory, our ability to think creatively and solve problems, as well as help with our sleep. Laughter in groups can also improve relationships and social bonds.



Physical effects of laughter

Laughter also has a physical effect on our bodies. It decreases levels of adrenaline and cortisol, which are our stress hormones. This helps to decrease our level of stress and anxiety.

Laughter increases levels of endorphins and serotonin, which are feel-good hormones. This helps to improve our mood and make us feel happy. Laughter also boosts our immune system and even reduces our blood pressure.



Laughter Sources

Bahari, K. and Lorica, J.D. (2019). The effects of laughter therapy on mental health: an integrative literature review. *The Malaysian Journal of Nursing*, 10(03), pp.55–61. doi:<https://doi.org/10.31674/mjn.2019.v10i03.008>.

Stiwi, K. and Rosendahl, J. (2022). Efficacy of laughter-inducing interventions in patients with somatic or mental health problems: a systematic review and meta-analysis of randomized-controlled trials. *Complementary Therapies in Clinical Practice*, 47, p.101552. doi:<https://doi.org/10.1016/j.ctcp.2022.101552>.

Üner, E., Sezer Balci, A. and Kadioğlu, H. (2022). The effect of laughter therapy on physical and mental health: systematic review. *Halk Sağlığı Hemşireliği Dergisi*, 4(3). doi:<https://doi.org/10.54061/jphn.1102843>.

Yim, J. (2016). Therapeutic benefits of laughter in mental health: a theoretical review. *The Tohoku Journal of Experimental Medicine*, [online] 239(3), pp.243–249. doi:<https://doi.org/10.1620/tjem.239.243>.