

## THE CONNECTION BETWEEN LAUGHTER HUMOR AND GOOD HEALTH%0A

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The Connection between Laughter, Humor, and Good Health Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.-- Catherine Rippenger Fenwick HSW-CAW.807 Facts and Figures Laughter is the biological reaction of humans to moments or occasions of humor. It is an outward expression of amusement.

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### **The Connection between Laughter Humor and Good Health**

Benefits Of Laughter: Laughter is an untapped science that, used well, can have far-reaching positive implications for the b 3 Ways That Laughter Can Give You a Healthier Heart In recent years, studies have shown a strong link between our emotions and cardiovascular health.

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### **The Connection between Laughter Humor Health Chrysalis**

Humor and laughter can shift perspective and change the way the mind views or experiences an event. Looking at a problem from a different perspective can create psychological distance. help diffuse conflict, feelings of being overwhelmed and even increase objectivity and insight.

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