

Laughter is the Best Medicine

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April is the best month of the year. Why, you ask? Because it is National Humor Month! I do not know about you, but laughter has helped me through some of life's most difficult moments. The [Mayo Clinic](#) gives us just a few health benefits of laughter:

- Strengthens our immune system.
- Boosts our mood.
- Helps decrease pain/pain management.
- Protects against the damaging effects of stress.

A study done at the University of Western Ontario shows that many people are not getting enough laughter in their lives. In fact, the study reflects that healthy children may laugh as much as 300 times per day, but adults tend to laugh only 35 times per day. This is a good example of how we all could use a little more laughter in our lives, especially during such trying times.

How Can We Get More Laughter in Our Day?

Since we all could use a little more laughter in our day, here are a few ways to push the limits and welcome sore stomach muscles back into our lives from laughing so much!

- **Share something silly about yourself with a family member or friend** – Each time I do this, both the person I told and myself have a good laugh. They end up sharing a silly story back and we get a good chuckle.
- **Laugh at yourself** – Not in a mean way, of course, but sometimes it is best not to take ourselves so seriously. Laughing things off can be a great way of picking yourself back up.
- **Reading a funny book, watching a funny TV show/movie with someone you love** – This is a great way to cultivate a funny environment. There are a lot of outlets for comedic relief, so pick your favorite one and share it with someone you love. It really is always better to share in your barrel of laughs!
- **Support funny people by going to a comedy show (virtually or in person)** – Even better than watching a comedian on the screen is watching them in real-time. If you've never been to a comedy show, put it on your bucket list. Nothing better than laughing the night away with a room full of strangers.
- **Encourage others to get a laugh out of themselves** – This is sometimes tricky, so it is important to read the situation, but some people forget that laughter is a choice! When you feel like crying or being negative, find something to laugh about. "Turn that frown upside down" is a great way to strengthen friendships and help others not take themselves so seriously.
- **Find the humor in something serious** – When we are faced with life's difficult moments, it can be hard to see the good in them, let alone the humor. However, when we take the time to find the humor in these moments, we can better cope with the difficulties life has presented us with. Once you determine what is appropriate to laugh at during these times of trouble, shedding a little laughter on the subject can be just what you need to brighten things up.

There are countless ways for us to get in some extra laughs. Make time for laughter! It not only improves your health, but the health of those who are laughing with you!

Laugh Out Loud with These Resources:

[Family Friendly Comedy Podcasts](#)

[America's Funniest Home Videos](#)

[Watch a Classic Comedy the Whole Family Will Enjoy](#)

[Support Local and Laugh Out Loud at Wise Guys Comedy Club](#)

[Play a Game That is Guaranteed to Make Your Whole Family Laugh](#)

[Powerball Kid](#)

[Cooking with Cade](#)

We love a good laugh at Healthy Lifestyles, send us your favorite funny video! There is nothing better than sharing a laugh!