



4 Healthy Benefits of Laughter

 Sutter Health Plus
Your Health Plan

Studies show a strong link between our mental and physical health. Laughter, happiness and a sense of humor can help you stay healthy.

- 1 Better blood flow** — Laughter increases blood circulation and produces benefits similar to aerobic exercise or cholesterol-lowering drugs—with immediate effects.
- 2 Decreased stress hormones** — By producing cortisol and epinephrine, stress interrupts proper blood flow. Laughter reduces these hormones in your blood stream and helps maintain healthy circulation.
- 3 Stronger immune systems** — Laughter boosts the number of antibody-producing cells, leading to a stronger immune system. This helps your body's defense against infectious organisms and other invaders.
- 4 Healthier inside and out** — Research shows anger, anxiety and social isolation lead to higher rates of heart disease. The opposite is true, too—having a positive outlook can help you stay healthy!

Source: American Heart Association