

# Wellness Wednesday

September 18, 2024

## The benefits of laughter

Laughter can be therapeutic. Every time we laugh, our brains release dopamine, a chemical that makes us feel happy. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use. If you're missing some laughter in your life, try going to a comedy club, binge watching a new comedy series, or check out cute videos online.



*'Laughter is and always  
will be the best  
form of therapy'  
Audrey Hepburn*

## Stress Relief From Laughter

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

### Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

### **Long-term effects**

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

••• How You Can Keep •••

# SMILING AND LAUGHING

Throughout Your Day



Get in the habit of sending jokes and memes to friends, and they will likely send them back.

Try something new like a Zumba class with a friend.



Play with children. They are great for making you smile.



Put funny notes and quotes on a cork board.

Play with your pet (or someone else's!).



Watch a funny movie or TV program.

Look through old mementos like notes, pictures, and yearbooks.



Write a list of things that you are thankful for in life.

Try laughter yoga.



Read the comics, a book, or an article. Subscribe to funny pages and accounts on social media, that way funny content always comes to you.

## Benefits of Laughter

Surprising health benefits of laughter



# SURPRISING HEALTH BENEFITS OF LAUGHTER



**THAT FACE YOU MAKE WHEN  
STUDENTS SAY SOMETHING FUNNY...**



**BUT I AM THE TEACHER AND NEED TO  
KEEP MY COMPOSURE**

## ***Travis Zen Den***

The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation
- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.

Please reach out to the counseling office if you have any questions!

**THE  
ZEN  
DEN**



**Travis High School**

Travis is using Smore to create beautiful newsletters



