

Add A Little Humor To Your Life in Lieu of Humor Month

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Laughing off your troubles is one of the best medicines, and what better time to battle the blues than during National Humor Month?

When is National Humor Month, you ask? Well, you're in it. So if you're thinking of eating the rest of those chocolate Easter eggs as a way to feel good about yourself – or if you're planning a long jog to release those endorphins to put you in a better mood – don't forget to also turn on the comedy during the month of April. Laughing, it turns out, gives you immediate results on the “feel good” meter.

National Humor Month was founded in 1976 by author and humorist Larry Wilde, with the intent of heightening public awareness of the therapeutic and restorative values of joy and laughter. Studies show that laughter improves health. It changes us physiologically, boosting the heart rate, increasing blood flow and delivering oxygen to the body's tissues. And there's more good news: We actually burn calories while we laugh!

Here's more benefits derived from the power of laughter:

- It reduces stress
- Can reduce pain
- Strengthens the immune system.
- Helps the heart
- Can act to relax the body

So go ahead and have yourself a giggle; watch funny videos, read a funny story or play a funny trick on someone. And if you're starting to feel it, pull out all the stops and treat yourself to a belly laugh. By allowing yourself to laugh and have fun, you're not only re-energizing your system, but your life. And that's a lot to laugh about.