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Laughter Facts

**21 Benefits of Laughter**

1. **Activates your immune system**
2. **Decrease the harmful effects of stress**
3. **Aerobically exercises your heart and lungs**
4. **Relaxes muscle tension**
5. **Improves digestion**
6. **Relieves depression**
7. **Rests your brain**
8. **Stimulates both sides of the brain**
9. **Improves alertness and mental processing**
10. **Increases attention span**
11. **Helps you absorb information faster**
12. **Improves problem-solving**
13. **Reduces mistakes**
14. **Stabilizes mood swings**
15. **Inspires creativity**
16. **Improves communication**
17. **Improves your general outlook on life**
18. **Leads to a better sense of humor**
19. **Enhances romance**
20. **Reduce allergy symptoms**
21. **Can cause a cleansing of the lungs**

**Adapted from www.danmonroe.com/thelaughacademy/benefit.html**