



MEMBER UPDATE

ReFresh

February 16, 2022



This week...

Laughter is the Best Medicine

Laughter can be a powerful remedy for both your emotional and physical health. Humour can lighten the burden of a stressful, long day and reinforce your connection with friends and family, bringing your body and mind back into balance.

Research indicates that those with a good sense of humour tend to be more resilient, as they can find a cause for laughter even when faced with a potential stressor. Viewing challenging situations through humour can also activate parts of our brain that inspire creative thinking and problem solving.

“Humour brings together the whole brain. Several research studies have shown that after perceiving something funny, we become more creative at problem solving. Laughter increases creativity and flexibility in thought. In summary, we need to find

something that will stimulate our physical body, mental state and spiritual awareness to develop a mind-body connection or acquire whole-health.”

- Tracy Abram, [Michigan State University Extension](#)

Watch this [2-minute video](#) from the Mayo Clinic on the Surprising Health Benefits of Laughter.

Short-term Benefits of Laughter

Laughing doesn't just lighten the burden of mental stress and fatigue, it induces physical changes in your body:

- **Energizes organs.** Enhancing your intake of oxygen-rich air, laughing stimulates your heart, lungs, and muscles. It also 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 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 Benefits of Laughter

- **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 release neuropeptides that help fight stress and potentially more serious illnesses.
- **Relieve pain.** Laughter causes the body to produce its own natural painkillers, easing aches and pains.
- **Increase personal satisfaction.** Laughter makes it easier to cope with difficult situations and helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help decrease stress, depression, and anxiety. It can make you feel happier and improve your self-esteem.

How can we incorporate more laughter in our lives?

Here are some ways to help us laugh more:

- Watch funny movies or TV shows
- Learn to laugh at yourself

- Share funny moments (even those embarrassing ones!) with friends
- Check out your bookstore's humour section
- Seek out playful people who laugh easily
- Minimize hanging out with those who don't like to crack a smile, and are grumpy

BCPVPA members continue to work under the incredible pressure of the pandemic as well as public scrutiny. Everyone deserves to take at least a few minutes to find something funny to laugh about, to rebalance their emotions, and get through a work week while nurturing their wellbeing.

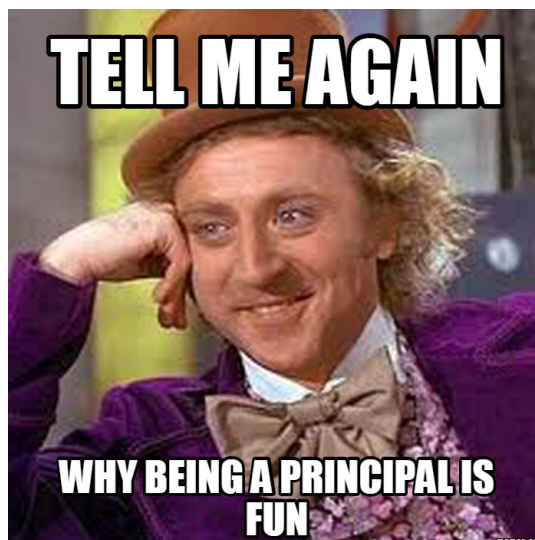
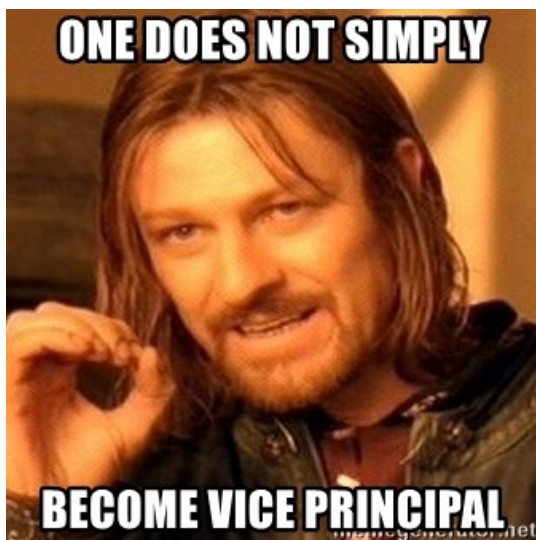
A few laughs might make you feel a little better, and give you the energy to move through a tough day or meeting.

We have even done part of the work for you: here are some links you might enjoy to classic [Seinfeld](#) episodes, the top ten episodes of [Friends](#), or the mockumentary fun of [Parks and Recreation](#) or [The Office](#).

If TV comedy is not your cup of tea, and you prefer a good 'Dad joke', we have you covered:

- "I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along."
- "What did the janitor say when he jumped out of the closet?" "Supplies!"
- "When two vegans get in an argument, is it still called a beef?"

Want more? Here is an [extensive list](#) to add to your repertoire.



Wishing you the best for this week and hoping you can find a moment to have a laugh or tell a joke to a friend or colleague. ***Laughter can be wonderful medicine.***

