

Julie Showering Hypnotherapy

Laughter and physical health

- Provides low impact exercise and burns calories: When you laugh, all your body systems are affected in a positive manner. It is particularly important for seniors as well as bedridden or wheelchair-bound people. It is a unique way to enhance one's daily wellbeing.
- Regulates Blood Pressure: Laughter balances blood pressure. The relaxation of the muscles in conjunction with the increased heart rate allows the blood to flow more freely throughout our body. At the same time if our blood pressure is low, it can be increased over time due to the aerobic exercise that it provides.
- Reduces Pain: Endorphins are our body's natural painkillers. They are released into our spinal cord and then distributed throughout our nervous system when we laugh. Regular laughter is often used to assist with chronic pain management
- Increases Oxygen: Laughter provides more oxygen to the brain and body cells. It does this by increasing the exhalation process. When we laugh the diaphragm forces the air from our lungs so that when it drops more air is inspired into the lungs ready for distribution.
- Boosts the Immune System: When you laugh, the diaphragm becomes a powerful pump for your lymphatic circulation, much like your heart serves as the central pump that propels blood through your blood vessels. This assists the lymphatic vessels in carrying this fluid through your body and helps your lymph nodes to clean and filter this fluid, removing waste products, dead cells, and even unwanted microorganisms. Maintaining clean body fluids is important because these are necessary for you to be at your best. Increased lymphatic flow equals an elevated, improved immune system.
- Helps to think more clearly, breaks the cycle of psychological negativity, helps patients communicate emotions: To paraphrase Catherine Rippenger Fenwick, "Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy
- Stress management tool: A coping mechanism and great neutralizer: Laughter stimulates circulation, aids muscle relaxation and recharges our batteries by enriching the blood with ample supplies of oxygen, the lifeline of our system, cutting through energy-sapping emotions and replacing them with energizing emotions.

Laughter and emotional health

- Helps Depression and Anxiety: You can't be depressed or anxious and laugh. Depression lives in the past and anxiety in the future. When we laugh, we are in the present.
- Enables you to shift into a more positive mood quickly: Laughter is an effective recovery activity at the start, or at the end of the workday or during a break.

Laughter and social health

- Improves Cooperation, Communication, Romance: Laughing together can greatly improve cooperation and empathy between people of different cultural backgrounds. It fosters better communication, which leads to a less confrontational approach in tense situations and a change from individual competitiveness to team cooperation. It's also an indicator of family vitality and healthy couples.