

## THE CONNECTION BETWEEN LAUGHTER HUMOR AND GOOD HEALTH%0A

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The Connection between Laughter, Humor, and Good Health Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.-- Catherine Rippenger Fenwick HSW-CAW.807 Facts and Figures Laughter is the biological reaction of humans to moments or occasions of humor. It is an outward expression of amusement.

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### **The Connection between Laughter Humor and Good Health**

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### **The Connection between Laughter Humor Health Chrysalis**

Humor and laughter can shift perspective and change the way the mind views or experiences an event. Looking at a problem from a different perspective can create psychological distance. help diffuse conflict, feelings of being overwhelmed and even increase objectivity and insight.

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Benefits Of Laughter: Laughter is an untapped science that, used well, can have far-reaching positive implications for the b 3 Ways That Laughter Can Give You a Healthier Heart In recent years, studies have shown a strong link between our emotions and cardiovascular health.

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### **The Connection between Laughter Humor and Good Health**

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**Can Humor and Laughter Boost Your Health Psychology Today**

One of the most popular beliefs regarding humor and laughter is that they are good for your health. There are many extraordinary claims regarding the health benefits associated with humor.

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**Discover the Powerful Connection Between Laughter Humour**

A good sense of humor, regular bouts of laughter and playing games all have a part in keeping us healthy. There are many benefits to increasing the amount of humour, laughter, and playing into your life; collectively it will affect you mentally, physically and socially.

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