LAUGH OUT LOUD!

April is National Humor Month, founded as such in 1976 because of humorist Larry Wilde, who boasts that humor can “improve health, boost morale, increase communication skills and enrich the quality of one’s life.”

Science is showing that laughter can be as therapeutic as it is fun. Researchers at Loma Linda University explain that:

Laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease destroying antibodies. Laughter also triggers the release of endorphins, the body’s natural painkillers, and produces a general sense of well-being (Berk & Tan, 1996).

Laughter is also socially appealing... It helps us to both feel and appear friendly to others. We help encourage the same in others when we have a happy expression, which also then encourages more happy expression in us. So while letting out a big belly laugh produces muscle relaxation, decreases stress-related hormones and strengthens immune systems, we also benefit because our social defenses can come down more easily and our communication can become more friendly and clear.

We all appreciate professors who are able to teach material while interspersing an occasional joke that helps our attention and mood. Because laughter aids memory in the classroom, it can be sensible and fun to include bit of humor in student presentations as well – just a hint for those who have up-coming presentations! It is nice to see friendly faces on both presenters and listeners. 😊

Rx for Laughter

Need some help to get started? Try some of these ideas to get started...

- Try a humor website, like cracked.com, or get a joke a day sent to you via jokes.com.
- Tune in to your favorite situation comedy, taking a break when studying is getting too serious.
- Smile...! And have fun!
- Read a few one-liners:
  
  A lot of money is tainted: ‘Taint yours, and ‘Taint mine.
  
  A chicken crossing the road is poultry in motion.