

The benefits of laughter and the ways to use it

[Experience](#), [Laughter](#)



My speech is all about something that is... very pure that even the richest man could never buy, Laughter is the best medicine. You have probably heard the line 'laughter is the best medicine.' And heard about studies that prove the benefits of laughter in our body. But in today's generation where everyone seems so caught up in all their, to do's and should do's, there is definitely a lack of laughter. I know we all have been through tough times and whether conscious or not, one way why we have surpassed them is through our sense of humour and laughter.

These are theories tells us the connections of laughter and humor to human relation from great philosophers'. Superiority theory is one of the earliest theories of laughter from the ancient Greek philosopher Plato (427 - 348 B. C.) According to him, what makes an individual laughable is bad habit, absurd individuals will in general be presumptuous and arrogant. For example, they may consider themselves to be wealthier, more attractive or more astute than they truly are. In other words, the Superiority Theory comes into play when we laugh at jokes that pinpoint on another person's errors, idiocy, mishap or even shortcomings of others.

Relief theorists regards laughter as relieving an accumulation of nervous energy. Sigmund Freud (1856-1939) came up with a relief theory, where he expressed that all laugh-producing situations are pleasurable because they save psychic vitality. It brings to the individual joy since it saves use of inclination, parody since it saves use of thoughts and kidding in light of the fact that it saves use of restraint. This abundance inextra vitality is soothed by the demonstration of chuckling. Essentially, the relief theory of laughter is the point at which one is looked with a circumstance where pressures are

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made inside us. As we attempt to adapt to two arrangements of feelings and pondering, we need a release and laughter is the method for clearing out our arrangement of the developed pressure and incoherency, and for this situation the laughter will be referred as the relief laughter.

The Incongruity Theory says that it is the perception of something incongruous—something that violates our mental patterns and expectations. It proposes that humor emerges when things that don't ordinarily go together changes its rationale and recognition. For example, a joke winds up amusing when we anticipate a result and another occurs. At the end of the day, we experience two arrangements of contradictory thoughts and feelings all the while.

In laughter there's a lot of physical, mental, emotional, and social benefits that we could get. So for some mental benefits, according to researcher studies: Laughing makes our body relaxed, laughter protects our heart because it improves our blood circulation and increases blood flow, which help us against cardiovascular problems. And laughter also burn calories, heartily laughing 100 times a day give the same cardio results as working out for ten minutes.

For mental and emotional benefits; laughter stops emotions that are distressing, because when you laugh you can't feel anxious, angry, or sad. It boosts energy and reduces stress, and allowing you to remain focused and achieve more. Laughing brings you closer to others that can have a deep impact in all elements of your mental and emotional health.

And lastly, for social benefits; it says that laughing is primarily about relationships. We live in a community where individuals tend to be isolated and divided. Laughter enhances communication because laughing together can significantly enhance collaboration and empathy among individuals of distinct cultural backgrounds, it also enhances romance. Laughter is generally an indicator of healthy couples and family vitality. At the interpersonal stage, laughter is very appealing, particularly for women.

How to use laughter? Start by setting aside special time to seek out humor and laughter, as you might with working out, and build from there.

Eventually you'll like to integrate humor and laughter to your life's structure, finding it naturally in everything that you do. Here are some ways to start: smile- because the beginning of laughter is from smiling. It is contagious, like laughter. It's very possible to laugh without even experiencing a funny event. Count every blessing you have or literally make a list, thinking of good things in your daily life, this will keep you away from negative thoughts that are barrier to laughter and humor. When you hear laughter, moves toward it. Humor and laughter are private, sometimes, a joke send to small group, but usually not, because people is very happy to share something funny, more often, because it gives them opportunity to laugh again and feed off he humor you find in it. Be with playful people, spend time with fun. These people laugh so easily-both at themselves and at life's challenges- and they routinely find humor in every events of their life. Come up with humor conversations. You could probably ask some people some people. " What's the funniest thing that happened to you today or in your life?" Laugh with friends and lastly " take it, until you make it." This study shows that positive

effects of smiling happen whether fake or real. Still fake laughter provides benefits and fake merriment may lead to real smiles and laughter.

Ways to help yourself see the lighter side of life. Bring laughter into your life. Everyone is unique, therefore we all have our own sense of humor. What we think of funny things depends on our age. When we were kids we laugh when our parents make ridiculous faces to us as we play peek-a-boo with other elders, but would you still find it funny when your parents still do that to you. Our sense of humor develop as we mature.

Allow me to share some tips of developing sense of humor. Find humor in your life try to laugh at circumstances instead of complaining about them. When something negative happens, try to make it a humorous anecdote that will make others laugh. Surround some reminders to lighten up yourself. For example, display some frame photos of you and your family or friends having fun. Remember some funny things that happened in or write it on diary if you want, so will surely never forget about it. Don't think of negative things. Don't go for a without laughing. Ste aside 10-15minutes and do something that amuses you.

In life, there are a lot of things that's out of our control. But when we have humor, we can do something. Laughter can help us cope with tough times. It knows no boundaries and could break ice between groups. It relieves tension that could lead to anger and fear. And learning is better when people are happy. Maybe we can't change the situation, but with humor and laughter we can do something. Not for the situation or others but to ourselves. Our

laughter may not always change the world but it would surely transform yours.