Your brain talks to your body
You probably already know that your brain is in charge of things like what you think about and your ability to move, talk, breathe, and move. But did you know that your brain also produces chemicals that affect everything from how fast your heart beats to how well you fight off disease?

Thanks to something called the mind-body connection, the simple act of laughing can tell your brain to produce chemicals that:
- Lower your risk for heart attacks.
- Increase your blood circulation.
- Help your heart work better and pump more evenly.
- Boost your body’s immune system to help you fight off infection.
- Increase your deep breathing, which relaxes your muscles, gives you more energy, and lowers stress.
- Help you make sense of your emotional experiences, improve your mood, and manage your feelings of pain and stress.

Scientific research backs this up: The more you laugh, the better you’ll feel and the healthier you’ll be. Give it a try.

Learn more ways to laugh
Laughter is one of those things, like getting exercise or watching what you eat, that you can do yourself. Here are a few ways to laugh more:
- Ask a friend or co-worker to help by telling you good jokes or bringing you funny movies.
- Spend time with the world’s leading experts on laughter: children!
- Surround yourself with people and things that make you laugh—whatever or whoever they may be.
- Surround yourself with humor: An Internet search for “pet tricks” or “funniest home movies” will give you, as well as the people you care for or the people who care for you, plenty to laugh at.
- Ask at your local library or bookstore for funny books, audio programs, or movies. Or subscribe to a free comedy podcast.

It’s easy to think the only things that can help your health are things that others do for you or to you—the medicines you take and the doctors you visit. These are all important, but laughter is effective treatment you can do for yourself, and you don’t need a medical license to do it!