

Spiritual Growth Exercise January 2012



Laugh Out Loud!

Go Ahead... Laugh Out Loud... It's Good for you!

During the month of January make a point to watch your favorite funny movies, read a funny book or cartoon or have a good laugh at life. You will be glad you did.

It is true, research shows that humor and laughter are good for your health. Good humor can be defined as humor, which demonstrates compassion for someone else, breaks down communication barriers between individuals, and nurtures an environment of respect and trust between people. This kind of humor releases tension, and can reduce pain and discomfort.

Good humor elicits laughter that research has proven to be beneficial to the body, mind and spirit. When you are ill, the potential for healing improves as you experience good humor. Making good humor a part of your life can lift your spirit and improve your overall health.

Some forms of humor are not healthy and can damage the spirit. This type of humor generally lashes out at a person or group of people, offends others, builds walls between people, increases stress and anger, destroys the spirit, and increases illness. Beware of bad humor as people are often unaware of the offense their jokes elicit.

Select humor that is directed toward common situations in life like daily bloop and blunders. Be able to laugh at yourself. Accept imperfections as opportunities to laugh at life and live in an atmosphere of healing.

Good Humor:

- improves your immune system (fighting off diseases)
- reduces pain
- relieves anxiety

Good Humor and Laughter:

- increases respiratory activity
- increases muscular activity
- increases alertness
- affects blood pressure
- supports a healthy spirit

Victor Borge describes humor as, “the shortest distance between two people”.

So go ahead, laugh out loud...It's good for your health!