

WELCOME TO OUR

# Monthly Newsletter



Dear readers,

As we enter the new year, we want to express our gratitude for your support and start off the year with a positive outlook. That's why this month's edition is dedicated to Global Belly Laugh Day, which is set to take place later this month.



## Global belly laugh day

JANUARY 24TH EVERY YEAR!

Global belly laugh day is a day to recognize the importance of laughing and what impacts it has on health. A “belly laugh” is described as a laugh that cannot be controlled or a laugh that is loud and hearty, these laugh cause the belly to move, hence the name.

Health benefits of laughing include relieving stress, providing cardio benefits, boosting T cells (for immunity) and overall it improves your wellbeing.

## Why does laughing feel so darn good?

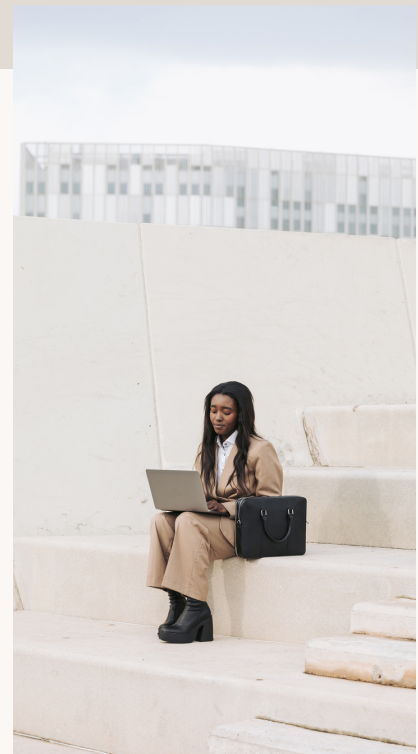
Can you think back to a time something was so funny you laughed. I mean a genuine, uncontrollable laugh that made your stomach hurt. Do you remember how amazing you felt right afterwards? Well it’s actually due to an endorphin release, endorphins being the body’s natural pain killers. Additionally, laughter helps to regulate cortisol (stress hormone). A Vanderbilt University study estimated that 10 to 15 minutes of laughter can burn up to 40 calories (Jefferson Center).



## How do I participate?

THERE ARE MANY WAYS WE CAN ENGAGE IN LAUGHTER...

- Watch a funny movie or a video online it can even be one you've already seen so you're guaranteed a laugh.
- Go to a comedy club or watch your favorite comedian.
- Spend more time with people that always make you laugh.
- Read jokes books, jokes online or even memes.
- Retell a funny story from the past



## Did you know?

Putting a humorous spin on situations in life can protect against heart disease as stated by a study conducted at University of Maryland.



The symbol for #Global belly laugh day is a smiling sun with 7 rays and the numbers 7 and 24, creating dimples on either side. “This represents the idea that laughter can transform our moments 24 hours a day, 7 days a week.”





## Laughter therapy:

Laughter therapy is a key non pharmacological intervention. From ancient times, it's been used to change cognitive behavior in order to improve physical, psychological, and social relationships. Laughter therapy can be used for preventative and therapeutic purposes. It is mainly used to treat anxiety and depression levels as well as the benefits on depression becoming more prominent with long term interventions. One journal published in the National Library of Medicine stated that laughter helped to enhance

serotonin and dopamine activities. Additionally, laughter assisted in muscle relaxation and increased circulation, lowering the physical symptoms of stress.

Laughter therapy however, is not limited to psychological issues, research has found that it has helped cancer prognosis because it boosts immune cell activity. It is also known to improve symptoms of neurological diseases such as Parkinson's and muscular sclerosis. Lastly, research in Japan has found that a mothers laugh may help treat infants with eczema



## Further benefits:

In another study on the physiological effects of laughter, Dr. William F. Fry, a psychiatrist at Stanford University, found along with other benefits aforementioned, that laughter also decreased the risk of respiratory infections. One possible reason behind this discovery could be that laughter assists in the movement of the mucosal lining, which plays a role in trapping and expelling pathogens from the lungs. Nonetheless, you don't have to have experience a pathological issue to partake in laughter therapy, this is one of the the few forms of therapy that is truly suited for everyone.



To conclude, laughter, being one of the most basic physiological response to humor, effortlessly reaps many benefits. It's fascinating when you start to evaluate how impactful it truly is. That being said, we hope there was something within this discussion that you find worth taking away!

## Resources

<https://www.nationaldaycalendar.com/international/global-belly-laugh-day-january-24>

<https://www.jcmh.org/a-good-belly-laugh-can-help-your-brain-and-your-belly/>

<https://www.bellylaughday.com/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8496883/>

<https://sunshinebehavioralhealth.com/resources/a-guide-to-laughter-therapy/>

<https://science.howstuffworks.com/life/inside-the-mind/emotions/laughter1.htm#:~:text=Laughter%20is%20the%20physiological%20response,arm%2C%20leg%20and%20trunk%20muscles.>

<https://www.scientificamerican.com/article/whats-so-funny-the-science-of-why-we-laugh/>

QR code for mental health resources  
both on and off campus:

