

CREATIVITY AND HUMOR

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Monday, 10 July 2006
Last Updated Monday, 10 July 2006

There's a new drug going around. It's making leaps and bounds in fighting stress, blood pressure problems, clogging of the arteries, and much more! This drug happens to be a miracle drug called LAUGHTER! It can help you in many areas of your life. While these problems can't be stopped sometimes, there's always stress for example; there is clear evidence that laughter will offset the stress and what it does to our bodies that leads to these problems. So add a big dose of LAUGHTER and now you are on the right track!

Stress promotes chemistry in the brain that has numerous damaging physical effects on the body as a whole. LAUGHTER has a similar but opposite effect. It helps make your brain more open to learning, and helps it retain it as well. It makes you more alert while dealing with many of the effects of stress.

The ability to laugh at those times that are real stressful can really help as well. As the saying goes, "Laughter is the best medicine", and when laughing it really can be hard to act in anger, or feel it even. It can actually bring the stress around to harmonious unity among family and friends. Often having a good laugh at ourselves can take the stress off of a terrible moment at our expense.

It all seems to come down to feelings and the way we think. Stress is connected with that, as is laughter and happiness. With laughter, we can change the nature of the way the stresses that hit us affect us. This can take a bad moment, make it better, and then even leave us some better memories that will remain a lot longer than the stress. When you feel the tension coming on, a good laugh might just deal with it and help you relax. It's a good habit to try and laugh as much as you can as it will also prepare you for the times when it's needed even more.

Laughter is a great healer! Studies show that it has good impact on the immune system through the blood system. Some effects seen are lower blood pressure, stress, and an increase in endorphins. A great laugh can also make good exercise as well. Laughter and physical exercise provide a balance that can lead to a much healthier lifestyle. This comes from its effects on blood flow, and the secretion of chemicals that encourage better healing. Have you ever seen happiness without laughter? It doesn't happen.

Without laughter, you won't find happiness. You have to make your own though, but in the end, it will give you much more return than the effort you put in. You will find it easier to think in the end and probably feel a lot better in a number of noticeable ways. But internally, it is easing tension and stress. This is great for both your heart and the blood system it pumps. And in the end, you feel great and have a better outlook on everything.

It's wise to balance your happiness. Kind of like a check book in your mind. If all you deposit is stress, it will haunt you and come out in every thing you do with a negative balance. On the other hand, if you get a lot of happiness and laughter in the account, it will bring the balance positive. Positive is good and throughout your day will give you a better shot at it being a memory of a good day when it's over. Think of it this way, if it goes negative, it will cost you more than just the amount. Don't let this happen.

Overall to have a happy, healthy, and overall good life, you need to deal with stress in a productive way. Laughter may be the #1 drug to do this. To really strike a great balance, mixing laughter, exercise, and also good diet makes sense. Since they all feed each other.

Developing good habits in this direction and practicing them every day will have good results. If you keep a diary, take the time to note what you are doing, and look back from time to time and see the changes you might find. Good luck and have a great life.