

## INTERESTING FACTS YOU DID NOT KNOW ABOUT LAUGHTER

Laughter is an involuntary response; it is not generally something you can force yourself to do. Instead, laughter is thought to be triggered by mechanisms in your brain and impacts breathing patterns, facial expressions, and even the muscles in your arms and legs. If you are laughing, you are far more likely to be surrounded by others, according to research; the critical laughter trigger for most people is another person, not a joke or funny movie. The brain can tell the difference between a real or staged laughter; this means that the brain goes to work deciphering why someone is laughing. The saying "laugh and the whole world laughs with you" is more than just an expression: laughter really is contagious. The sound of laughter triggers regions in the premotor cortical region of your brain, which is involved in moving your facial muscles to correspond with sound and prepare to join in.



Laughing raises both your energy expenditure and heart rate by about 10% to 20%. This means it helps to burn about 10-40 calories by laughing for 10 to 15 minutes. While this sounds good in theory, you'd have to laugh solidly for an hour or more for this calorie burning to have any meaningful effect. Research has shown laughter may reduce stress hormones and boost your immune function while also inducing optimistic feelings. Laughter has demonstrated a wealth of physiological, psychological, social and quality-of-life benefits, such that increasing numbers of health care centres are adopting laughter therapy as a form of complementary care. Laughter also enhances oxygen intake, enhances creativity and memory, aids digestion, improves well-being and positive emotions etc.