

Laughter Rules!

Interactive Lecture for 8-11 Formers



Автор:

Ольга Михайловна Степанова

учитель английского языка

МБОУ «Цивильская СОШ №1

имени Героя Советского Союза М.В. Силантьева»

города Цивильск Чувашской Республики

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Laughter may not be the best medicine. But laughter's great for you, it is a great exercise to keeping you healthy and disease free.

A good laugh has great short-term effects.



When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter is a powerful antidote to stress, pain, and conflict.

**Here is the
run down
health
benefits of
Laughter
according to
Dr. Lee Berk
and Dr.
Stanley Tan
of Loma
Linda
University in
California**



People with low blood pressure will reduce their risk of strokes and heart attacks.



**Benefit 1:
Lower Blood Pressure**



Benefit 2:
Reduces Stress
Hormone Levels

**You benefit from
reducing the level
of stress hormones
your body produces
because
hormone-level
reduction
simultaneously
cuts the anxiety
and stress
impacting your
body.**

Laughter can help you tone your abs. When you are laughing your muscles in the stomach contract, similar to when you exercise



Benefit 3:

Fun Ab Workout



Laughter is a great cardio workout, especially for those who are incapable of doing other physical activity due to injury or illness.

**Benefit 4:
Improves Cardiac Health**

T-cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T cells that immediately begin to help you fight off sickness. Next time you feel a cold coming on, add chuckling to your illness prevention plan.

**Benefit 5:
Boost T Cells**



Endorphins are the body's natural painkillers. By laughing, you can release endorphins, which can help ease chronic pain and make you feel good all over.



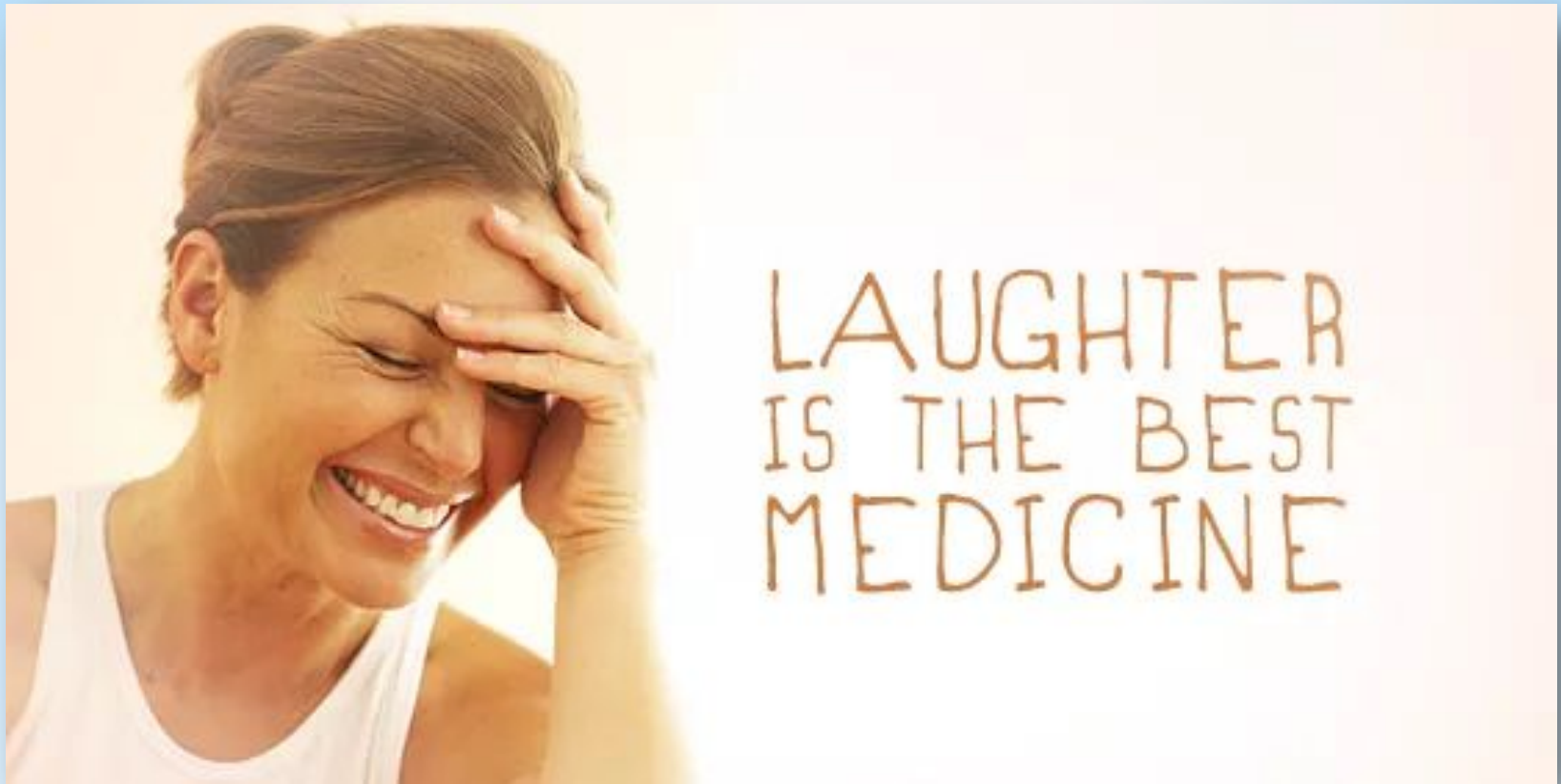
**Benefit 6:
Trigger The Release
Of Endorphins**



**Laughter can
increase your
overall
well-being.
Positive outlook
on life tends to
fight diseases
better than
people who tend
to be more
negative.**

Benefit 7:

**Produces A General Sense OF
Well-Being**



Do you agree?

So smile, laugh and live longer!

Laugh
until
your
belly
hurts
and then
just a
little
bit
more!



KatrinaMayer.com



“
MAY YOUR WALLS
KNOW JOY; MAY
EVERY ROOM
HOLD LAUGHTER
AND EVERY
WINDOW OPEN TO
GREAT
POSSIBILITY

”

Maryanne Radmacher-Hershey

Sources:

Here Are The Powerful Health Benefits Of Laughter

<https://uniquefacts.net/health/health-benefits-of-laughter/>

Изображения:

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