Laughing is an involuntary reaction to certain external or internal stimuli. Laughter can arise from such activities as being tickled, or from humorous stories or thoughts. Most commonly, it is considered a visual expression of a number of positive emotional states, such as joy, mirth, happiness, relief, etc. On some occasions, however, it may be caused by contrary emotional states such as embarrassment, apology, or confusion or courtesy laugh.

Laughter is a part of human behavior regulated by the brain, helping humans clarify their intentions in social interaction and providing an emotional context to conversations. Laughter is used as a signal for being part of a group; it shows acceptance and positive interactions with others. Laughter is sometimes seen as contagious, and the laughter of one person can itself provoke laughter from others as a positive feedback.

Well, it is said that humor is the best medicine. The kind of medicine that should not be about delaying death but the kind that improving lives. I suppose if you can have a sense of humor about things, it does reduce stress, which in turn can add a few years to your life. When you’re angry, upset or stressed, your blood pressure goes up, and stress can lead to other physical problems. So if you can laugh things off, it can be beneficial to your health and your longevity.

Different studies have been done and most of them have very similar results. Laughter can indeed extend your life. I think we can say that laughter has a healing power, we definitely feel better after laughing.

Research has shown that the health benefits of laughter are far-ranging. While more studies need to be done, studies so far have shown that laughter can help relieve pain, bring greater happiness, and even increase immunity. Unfortunately, however, many people don't get enough laughers in their lives. In fact, one study suggests that healthy children may laugh as much as 400 times per day, but adults tend to laugh only 15 times per day. Other studies find us laughing a little more than that, but all of us could use a little more laughter in our lives, considering how beneficial a good laugh can actually be for our stress levels and overall wellness. Read on for more findings about the health benefits of laughter, and see how to incorporate more humor and fun into your life. Physically laughers is good for us: it increases the number of
antibody-producing cells we have working for us, we have a stronger immune system, as well as fewer physical effects of stress.

Laughter could be a workout for our inside; a good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart. When a challenge is presented in our way humor can give us a more lighthearted perspective and help us view events as a chance, thereby making them less threatening and more positive. And if it can’t make it easier at least it will bring the focus away from anger, guilt, stress, and negative emotions.

On top of these things laughter connects us with others. Just as with smiling and kindness, if you bring more laughter into your life, you can most likely help others around you to laugh more, and realize these benefits as well. By elevating the mood of those around you, you can reduce their stress levels.

So the question remains how to use this medicine to our service:

The easiest and most common would be television shows. Watching truly hilarious movies and shows is an easy way to get laughter into your life whenever you need it. Or hang out with your friends more and reminisce in the old time while making some new memories as well.

If you ask me I think instead of distracting yourself with funny yet superficial things, every one of us should just find the humor in our lives. Instead of complaining about life's frustrations, laugh about them. If something is so frustrating or depressing it's ridiculous, realize that you could 'look back on it and laugh.' Think of how it will sound as a story you could tell to your friends, and then see if you can laugh about it now. With this attitude, you may also find yourself being more lighthearted and silly, giving yourself and those around you more to laugh about. Approach life in a more mirthful way and you'll find you're less stressed about negative events, and you'll achieve the health benefits of laughter.