

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

## EAP Notes: Humor Q&A

According to *Webster's Dictionary*, humor is defined as something that is or has the ability to be comical or amusing. What the definition fails to mention is that humor also promotes health and wellness. People with a good sense of humor reap the benefits of both physical and emotional health.

Celebrate National Humor Month in April by adding smiles and a few chuckles to your daily routine. It really will make you feel better.

Q: Does laughter boost the immune system?

A: Yes. The immune system is positively affected by laughter. People that regularly engage in humorous activity have a stronger immune system. When we laugh cells, that produce antibodies, T-cells and natural killer cells, which attack viruses, increase in number.

Q: Does laughter reduce stress?

A: Yes. Striving to see humor in life and attempting to laugh rather than moan helps to improve your disposition and the disposition of those around you. Your ability to laugh at yourself and situations will help reduce your stress level and make life more enjoyable. Humor also helps you connect with others. People naturally respond to smiles and good cheer.

Q: Does laughter lower blood pressure?

A: Yes. People who laugh heartily on a regular basis have a lower standing blood pressure than the average person does. A good laugh initially increases blood pressure, but then decreases to levels below normal. Breathing then becomes deeper which sends oxygen and nutrients throughout the body.

Q: Does laughter give you a "workout"?

A: Yes. It's a great workout for your diaphragm, abdominal, respiratory, and facial muscles. It massages abdominal organs, tones intestinal functioning and strengthens the muscles that hold abdominal organs in place. And best of all, it burns calories!

*Source: www.helpguide.org*

### Tips for adding more humor & laughter in your life

- ✓ Remind yourself to have fun
- ✓ Spend time with those who help you see the brighter side
- ✓ Get regular doses of humor such as TV sitcoms, movies and books
- ✓ If it seems too painful to laugh or attempt a smile, contact your Best Care EAP. A professional counselor is available to help. For a confidential appointment please call (402) 354-8000 or (800) 666-8606.

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