

Laughter & Mental Health: The Science of Laughter & Mental Health

- Laughter lowers stress hormones: When you laugh, your body reduces levels of cortisol and adrenaline.
- It boosts “feelgood” chemicals: Laughter increases endorphins (natural painkillers), dopamine (motivation/reward), and serotonin (mood stabilizer).
- It relaxes your body: A good laugh relaxes muscles for up to 45 minutes, relieving tension in your shoulders, face, and gut.
- It strengthens your immune system: Laughter increases immune cells and infection fighting antibodies.
- It connects us to others: Sharing a laugh builds connection, trust, and a sense of belonging.
- It gives your brain a break: Laughter interrupts rumination and gives your brain a quick reset.

Fun Fact: Children laugh 300–400 times a day. Adults? About 15. Let’s close that gap!

20 Cheesy Jokes That Might Make You Groan (or Heal)

1. What do you call a fake noodle? An impasta.
2. Why can’t you give Elsa a balloon? Because she’ll let it go.
3. What did one ocean say to the other ocean? Nothing. They just waved.
4. Why did the scarecrow win an award? Because he was outstanding in his field.
5. What did the big flower say to the little flower? “Hey, bud!”
6. I told my wife she should embrace her mistakes. She gave me a hug.
7. What do you call cheese that isn’t yours? Nacho cheese.
8. Why don’t eggs tell jokes? They’d crack each other up.
9. Why did the tomato turn red? Because it saw the salad dressing.
10. Why couldn’t the bicycle stand up by itself? It was twotired.
11. What’s a skeleton’s favorite instrument? The trombone.
12. How do you organize a space party? You planet.
13. Why did the golfer bring two pairs of pants? In case he got a hole in one.

Tips for Using Laughter to Boost Mental Health

- Watch a funny video or standup comedy every day.
- Surround yourself with people who make you laugh.
- Join a laughter yoga or improv class.
- Keep a list of things that make you laugh (memes, movies, jokes).
- Let yourself laugh — even if it feels silly or forced at first.
- Tell jokes to others — cheesy ones count!
- Look for humor in everyday situations.



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