

Guillermou

Very timely tips to fight stress that contribute to health and longevity. Current evidence demonstrates that spontaneous laughter is associated with a greater reduction in cortisol levels compared to usual activities, suggesting that laughter is a potential complementary medical therapy to improve well-being. Prolonged stress puts you at higher risk for a number of health problems such as heart disease, high blood pressure, and diabetes. When we laugh and smile, our body releases a chemical known as endorphins, which act as natural pain relievers and stressors, thereby reducing the effects of cortisol.

That is why happy people are perceived to be less stressed and also healthier. A good laugh is great for your lungs, your immune system, and can even burn a few calories. Reducing stress will also improve your digestion, regulate your blood sugar, lower your blood pressure, make you feel calmer and, as such, help you live longer. In this review, five studies evaluated the impact of watching a humor/comedy video, two studies evaluated laughter sessions administered by a trained laughter therapist, and one study evaluated a self-administered laughter program.

Combining these data showed a significant reduction in cortisol levels by 31.9% induced by the laughter intervention compared to the control group with no evidence of publication bias. Sensitivity analyzes showed that even a single session of laughter induced a significant 36.7% reduction in cortisol journals.plos.org/plosone/article?id=10.1371/journal.pone.0286260 (2023).--

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According to another study carried out by researchers at Wayne State University (USA) and published in the journal Psychological Science Online First, those people who smile more often live between 4 and 5 years longer than those who do not do so as much. "Studies say that by smiling and laughing we release dopamine, endorphin, adrenaline, also known as 'happiness hormones'. And at the same time we reduce 'stress' hormones such as cortisol. In fact, there are Laughter Therapy workshops that They help release tension. It is also known that the Chinese Taoists believed in the power of smiling to heal the soul and provide longevity.

A smile is not just a facial expression; is a reflection of oral health and can have a profound effect on a person's general well-being," highlights Dr. Eugenia Cervantes, from the Eugenia Cervantes Clinic in Madrid. eprints.gla.ac.uk/305644 (2023) Smiling can reduce stress even if you don't feel like smiling or even if you fake it with a smile that isn't genuine. When you are stressed, try to intentionally put a smile on your face. It can help improve your mood and your ability to manage the stress you are experiencing.

Smiling can also help you feel happy. The next time you feel depressed, try to smile. Your mood will most likely improve. "Even forcing a fake smile can legitimately reduce stress and slow your heart rate," adds Dr. Sivan Finkel, a cosmetic dentist at The Dental Parlor in New York. "A study carried out by a group at Cardiff University in Wales www.verywellmind.com/top-reasons-to-smile-every-day-2223755 (2023).-- www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-b.. (2023).---

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Quilvis

It's funny, I "never got stressed" until after I withdrew from some pharmaceuticals I was on (for years). Now, if I get stressed and have time, I find that just "waiting it out" (ie doing nothing) helps.

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Olitor

I agree with Quilvis. I got out of a serious depression by stopping antidepressants and accepting that depression was coming and letting it pass through me without doing anything other than accepting it. After several days, the stress-related depression diminished and finally disappeared, while the medication locked me into my illness. I also practiced self-hypnosis, taught to me by a doctor, and felt much better.

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robbie2u

Try listening to relaxing music at the end of the day or music that you enjoy. Music is therapy depending on when you were born but I am reminded that if a Mozart or a Beatles were around today most would not recognize their genius as they were at that time at the leading edge of creativity so today's Mozart will likely go unnoticed. Such is music.

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grulla

I always enjoy laughter and good humor as I was born in Manhattan, NYC. The reason so many stand-up comedians are/were from there is because of all the nitrous oxide air pollution. In 1949 we moved across the great waters to a far and distant land...Joisey. en.wikipedia.org/.../Nitrous_oxide

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juststeve

A big stress buster - turn off the TV and get in touch with the things in life that are the Real Deal. Perhaps the largest stress buster - Come Together. Actually being together to experience Real Deals, creating healthy Real Deals. Many of them, most of the best of them cost little to nothing. Instead of passive consumption of Plastic Artificial Substandard, some of it technically 'perfect' yet still hollow and shallow. When Coming Together people often create in Joyful Ways. With much laughter, sometimes singing and dancing without concerns about being off key, pitch or looking goofy. Healthy, Joyful, Real Deals allow us to be ourselves, authentic and not have to hide behind deep layers of masks or put on an act in order to be accepted into the whims of those who care little for you in the first place.

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Mmmarsha71

This is all good especially for people that have complex post-traumatic stress injuries. There is no cure all for stress, but these tools listed are very helpful. Thank you for sharing.

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