



“Minding The Mind”

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The Power of Laughter: *How Smiles, Chuckles, and Belly Laughs Boost Your Well-Being*

(Adapted from UCLA Health)

Why Laughter Matters

Laughter is more than a moment of joy — it’s a full-body wellness tool. When you laugh, your brain releases endorphins, your stress hormones drop, and your body relaxes. It’s nature’s way of restoring balance and vitality.

5 Proven Benefits of Laughter

1. Strengthens Immunity

Laughter increases immune cells and antibodies, helping your body fight illness more effectively.

2. Reduces Stress

Even a short burst of laughter lowers cortisol and relaxes muscles for up to 45 minutes afterward.

3. Protects the Heart

Laughing boosts circulation, lowers blood pressure, and supports cardiovascular health.

4. Relieves Pain

Endorphins released through laughter act as natural painkillers, easing discomfort and improving mood.

5. Lifts Mood & Connection

Laughter triggers dopamine and oxytocin — chemicals that boost happiness and strengthen social bonds.

How to Invite More Laughter Into Your Day

- **Start small:** Smile at yourself in the mirror or recall a funny memory.
- **Watch or listen:** Choose a favorite comedy, podcast, or short funny clip each day.
- **Connect with others:** Call a friend who makes you laugh or share a light-hearted story.
- **Try laughter yoga:** Gentle movement and intentional laughter can shift your mood instantly.
- **Lighten up:** When little things go wrong, look for humor instead of frustration.

A Gentle Reminder

You don’t have to wait for something funny to happen — you can *choose* to laugh. Even simulated laughter offers powerful health benefits.

Please Contact Me For Your Personal Interests & Best Wishes For Your Personal Progress

Regards, Kevin

Disclaimer: The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you & always confer with your health professionals

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