



# Wellness Wednesday



## Laugh Your Cares Away

**Do you want to hear a construction joke?**

I'm still working on it!

**When does a joke become a "dad" joke?**

When it becomes apparent.

Milton Berle once said, "Laughter is the best medicine in the world." He wasn't off the mark! Laughter actually does have a lot of benefits for your physical and mental health.

- Laughter can relieve physical tension and stress.
- Laughter can increase immune cells and infection-fighting antibodies which can help improve your immune system.
- Laughter releases endorphins and improve your mood.
- Laughter improves the function of blood vessels and increases blood flow. So, in a way, laughter protects your heart!
- Laughter actually does burn calories. Laugh just 10-15 minutes a day and you'll burn around 40 calories!

So, bring laughter into your life, even if it feels forced at first. Tape up some comic strips next to your computer that make you laugh. Try laughter yoga. Spend time with friends who make you laugh. Watch a comedic movie. Look online for some jokes or pick up a few good joke books to share with others. Turn that frown upside down for your mental health!

## NAMI Vermont Minute:

NAMI Vermont's Family Support Groups are peer-led groups for adults who have a loved one affected by mental illness or a mental health challenge. These free groups are welcoming and provide you with a safe setting to share your story and receive empathy, ideas, support and inner strength. And, yes, laughter. Groups laugh together and cry together and hold each other through ups and downs. If you want to learn more about our Family Support Groups, visit <https://namivt.org/support/family-support-groups/>.