

20 GOOD REASONS *to Laugh*

- 1 Laughter is *free*
- 2 Laughter *boosts* the immune system
- 3 Laughter is *anti ageing*
- 4 Laughter *reduces* depression & anxiety
- 5 Laughter builds *confidence*
- 6 Laughter *improves* our sense of humour
- 8 Laughter *encourages* creativity, imagination & problem solving
- 9 Laughter is *aerobic exercise* equivalent to cardiovascular exercise
- 10 Laughter *builds* bonds & relationships
- 11 Laughter *reduces* stress related hormones
- 12 Laughter makes us look & feel *younger*
- 13 Laughter *dissolves* anger & resentment
- 14 Laughter cultivates *resilience*
- 15 Laughter is a *natural* anti-inflammatory
- 16 Laughter is a *universal language* understood by all
- 17 Laughter helps oxygenate the brain for *crystal clear* thinking
- 18 Laughter is the *shortest difference* between two people
- 19 Laughter tones your *abdominal muscles*
- 20 Laughter is *fun!*