# Health tip

## Laughter is healthy

**Laughing regularly and heartily has the side effect of promoting health. Read everything you need to know about why laughing is good for you.**

### ► Working out your muscles
Laughing enthusiastically uses hundreds of muscles which then relax again afterwards. This muscle relaxation is comparable to the results of a good massage.

### ► Power for the metabolism
When we laugh, we breathe more deeply, which means that you not only take in more oxygen, but your pulse and blood pressure both increase. This gives a boost to your cardiovascular system and stimulates your metabolism.

### ► Stress reduction
Laughing hard doesn't just put you in a good mood – it also causes the levels of the stress hormones adrenaline and cortisol to fall. This makes coping with stress easier.

### ► Possible pain relief
Laughing heartily sometimes releases endorphins – also called happiness hormones – which increase your pain tolerance. In this sense, your pain perception can also be affected positively.

### ► Strengthening of the immune system
Laughing even benefits the immune system.
It contributes to increased production of killer cells,
T cells and antibodies which can fight off inflammation and viruses.

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