

# Employee Assistance Program *Tip Sheet*

## Laughter as a Stress Reducer



Did you know that laughing actually creates changes in the body that act as stress busters? Read on to learn more and discover tips for how to add more humor into your life.



### Laughter has been shown to:

- Increase levels of endorphins.
- Settle stress responses.
- Eliminate muscle tension.
- Promote positive thinking which can combat stress and illnesses through production of neuropeptides.
- Ease pain.
- Provide a way to cope with difficult situations.
- Strengthen bonds between people when laughter is shared.
- Improve mood.

### There are many ways to start to add more humor into your life.

- **Increase your exposure to humor.** Think about the kind of humor that appeals to you most. You might hang up a cartoon or image that makes you chuckle. Choose a comedy over a drama series. Watch silly videos, follow funny social media accounts, or listen to witty podcasts.
- **Laugh at your situation when you can.** This can add levity in the moment and reduce stress responses.
- **Spend time with others that make you laugh.** Seek out people that act as a mood booster.
- **Look for the humor in everyday moments.** Find one thing every day to laugh about and you will most likely find humor in unexpected places.

If you're struggling to find joy in your life, reach out to your Employee Assistance Program (EAP).

Reference: Mayo Clinic. Stress Relief from Laughter? It's No Joke. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.800.833.3031

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)  
Code: IOWA



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