



Laughter is a powerful natural antidote against stress and anxiety. When we laugh, our body releases endorphins, these "happiness hormones" that provide a sense of well-being and relaxation. At the same time, laughter reduces the level of cortisol, the stress hormone, in our bodies. This dual neurochemical action explains the calming and regulating effects of laughter on our emotional balance.

Beyond these biological mechanisms, laughter also acts as an emotional decompression valve. By laughing, we release accumulated tensions, we put distance between ourselves and our everyday worries. Laughter helps us to defuse situations, to take a lighter and more optimistic view of the challenges we face. It allows us to put into perspective the importance of our concerns and to put them into context.

Laughing regularly also trains us to develop greater resilience to stress and adversity. The more we cultivate our sense of humor, the more capable we become of weathering life's storms with serenity and confidence. Laughter strengthens our psychological immunity, our ability to bounce back and adapt to changes and unexpected events.

Finally, group laughter, as in laughter clubs or laughter therapy workshops, creates a powerful feeling of connection and social support. We know how important social bonding is as a key factor in protecting against stress, anxiety, and even depression. Laughing together means feeling accepted, integrated, comforted. It is about weaving bonds of complicity and mutual kindness that help us face life's challenges.

Thus, incorporating more laughter into our daily lives, whether through specific exercises or simply by cultivating our zest for life, constitutes a wonderful emotional hygiene. It is a valuable tool for managing our stress, soothing our anxieties and savoring every moment

with more ease. As Mark Twain said: "A minute of laughter is equivalent to ten minutes of jogging on a rower". So, let's not hesitate to exercise our zygomatic muscles!

Key takeaways:

- Laughter releases endorphins, the "happiness hormones", and reduces cortisol, the stress hormone, thus providing a sense of well-being and relaxation.
- Laughing releases accumulated tensions, allows us to distance ourselves from daily worries, and defuses situations.
- Regular practice of laughter strengthens resilience to stress and adversity, developing a "psychological immunity".
- Group laughter creates a feeling of connection and social support, a key protective factor against stress, anxiety, and depression.
- Incorporating laughter into our daily lives constitutes a precious emotional hygiene for managing stress, soothing anxieties, and savoring each moment with more ease.