



Laughter is a fantastic natural remedy against depression and mood disorders. Countless scientific studies have proven that regular laughter can stimulate the production of serotonin and dopamine, the key neurotransmitters of well-being and motivation. These substances act like real natural anti-depressants, by regulating mood, improving morale, and fostering a positive view of life.

Laughing also helps to break the vicious cycle of negative thoughts that often fuel depression. When we laugh, we reconnect with the present moment, we let go of our mental ruminations and worries. Laughter anchors us in the moment, brings us back to the essentials, and helps us appreciate the small pleasures of daily life. It's a wonderful tool of mindfulness, teaching us to savor life with gratitude and lightness.

Beyond its immediate effects on our mood, laughing frequently also aids us in developing a more optimistic and resilient outlook in the long run. By cultivating our sense of humor, we become more able to put our difficulties into perspective, to find creative solutions to our problems, to bounce back from failures and disappointments. Laughter trains us to adopt a positive mental attitude, to see the glass half full rather than half empty.

Group laughter, as in laughter clubs or laughter yoga workshops, further amplifies these benefits. Shared laughter creates a powerful emotional connection with others, a sense of belonging and mutual support. It's known that social isolation is an aggravating factor of depression. Laughing together is about building bonds, about feeling accepted, valued, loved. It's about breaking the loneliness and rediscovering the taste for others and for life.

Lastly, laughter therapy can be a valuable addition to conventional depression treatments, such as psychotherapy or medication. Included in a holistic approach, it can impact both the

symptoms and the deep causes of distress, enhancing the person's psychological and emotional resources. As Dr. Madan Kataria, founder of laughter yoga sums it up: "When you laugh, you change, and when you change, the whole world changes around you".

Key points to remember:

- Laughter stimulates the production of serotonin and dopamine, key neurotransmitters of well-being and motivation, acting as natural anti-depressants.
- Laughing helps to break the vicious cycle of negative thoughts, to reconnect with the present moment, and to cultivate mindfulness.
- Regular practice of laughter encourages a more optimistic and resilient view of life, helping to put difficulties into perspective, and to develop a positive mental attitude.
- Group laughter strengthens social connections, the sense of belonging, and mutual support, thus combating isolation, an aggravating factor of depression.
- Laughter therapy can be an effective addition to conventional depression treatments, affecting both the symptoms and the deep causes of distress.