



Fun Facts about Laughing

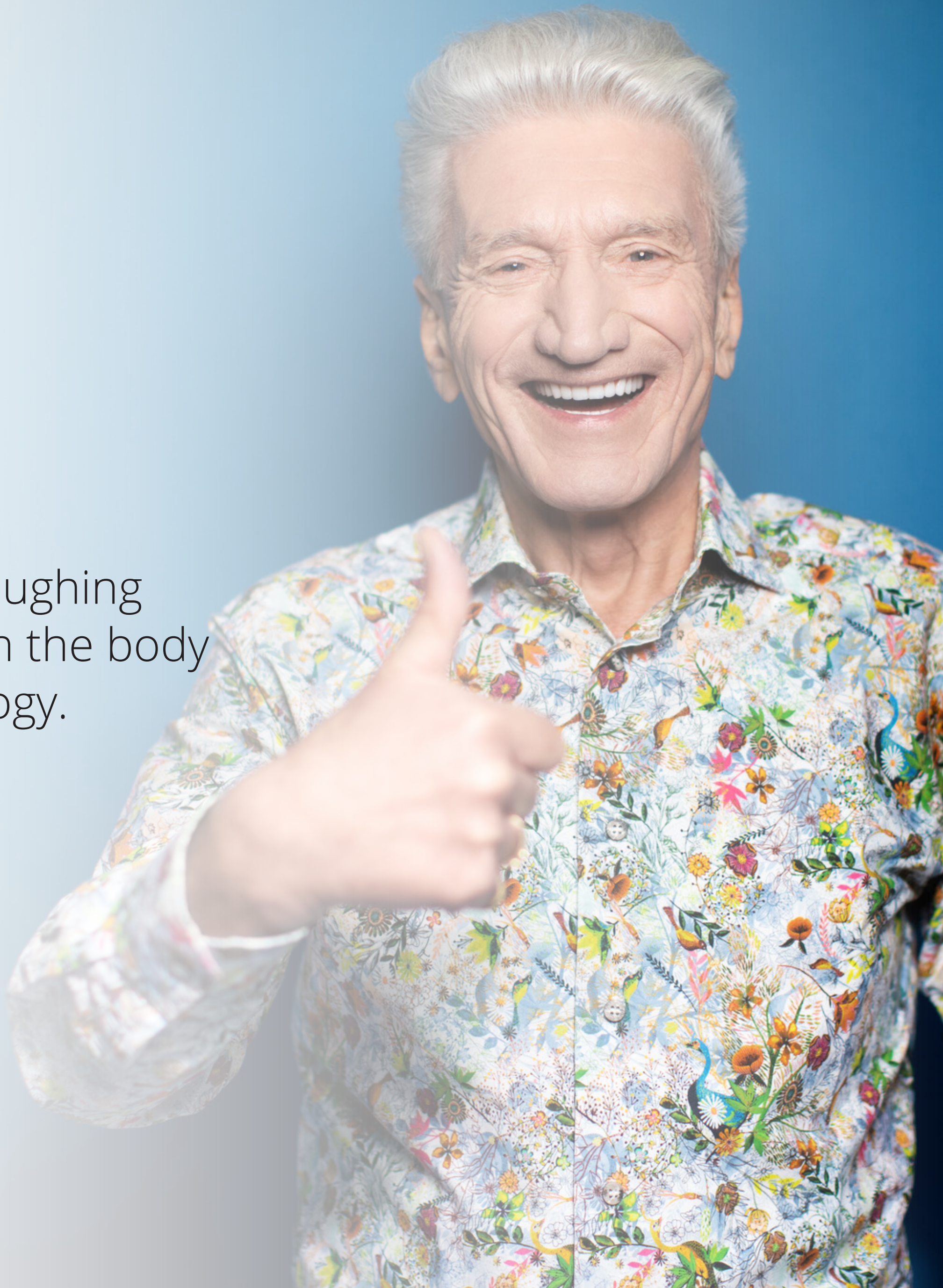
A woman with long, wavy red hair is laughing heartily, her eyes closed and mouth wide open, showing her teeth. She is wearing a light-colored, long-sleeved sweater and blue jeans. Her right arm is raised, with her hand near her head. The background is a bright, out-of-focus indoor space with a white wall and a green plant visible on the left.

#1:

Laughter raises your heart rate and blood pressure. Your breathing speeds up, too. It's like you're exercising! Laughing for 10 to 15 minutes burns about 50 calories.

#2:

The science of laughing
and its effects on the body
is called Gelotology.



#3:

Laughter fights stress. Your brain releases endorphins when you laugh, which makes you feel happy.



#4:

It's hard to catch your breath when you laugh because your diaphragm spasms.



#5:

You can't make yourself laugh by tickling yourself. Why? It's impossible to surprise your brain. Your brain predicts the sensation your fingers will make just before you tickle yourself, so it's not a surprise.



A photograph of two women sitting at a wooden table, laughing heartily. The woman on the left has blonde hair and is smiling broadly. The woman on the right has dark hair and is covering her mouth with her hand while laughing. She is holding a chocolate cookie with pink frosting. A cup of coffee is visible on the table in the bottom right corner. The background is softly blurred with warm, bokeh lights.

#6:

Hearty laughter brings in much more oxygen into the lungs than normal breathing would do.

A close-up photograph of three young adults laughing together. A woman with long brown hair is in the foreground, laughing with her eyes closed. Behind her, a man with a beard and a woman are also laughing. The man is wearing a brown sweater over a blue and white plaid shirt. The woman behind him is wearing a yellow top. The background is bright and out of focus.

#7:

Laughter controls our brains. It has been scientifically proven that laughter can be contagious. When you see people laughing, you just can't help but smile, right? That's because your brain makes it nearly impossible not to.

A young man with short brown hair, wearing a white t-shirt, is smiling and looking down at a red smartphone he is holding with both hands. The background is a blurred indoor setting with a brick wall and some plants.

#8:

Laughter is a sound
which does not have
any language.

#9:

Children are laughing
about three times more
than adults.

