

Benefits of laughing

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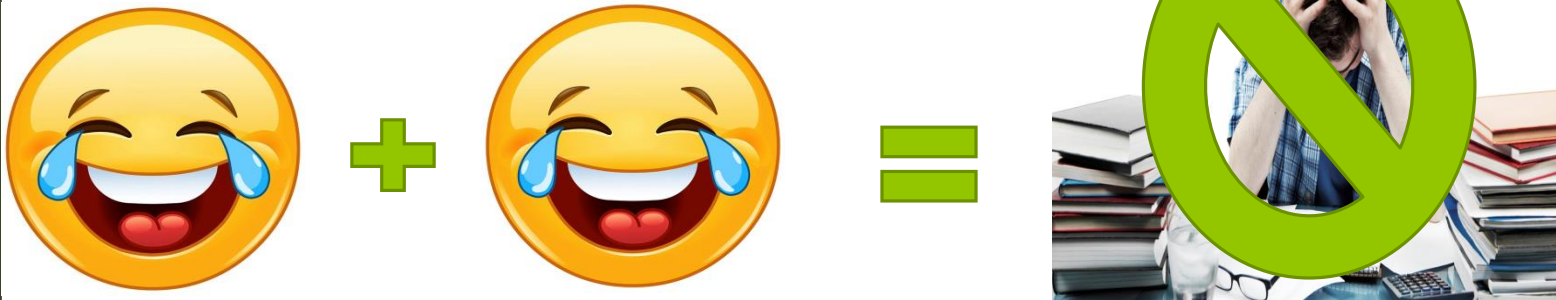
“A day without laughter is a day wasted.”

- Charlie Chaplin

- Today I will be telling you some benefits of laughing. Like...
- Reduce of stress
- Physical and emotional health
- Burning calories while you laugh.

Reduce of stress

- Stress, pain, and conflict can be reduce.
- Humor lightens your burdens



Supports physical and emotional health

- Laughter relax your whole body.
- Relieve physical tension.
- Helps keep you in a positive mood.



Calorie Burning?

- Burns 50 calories same as a piece of chocolate.





Conclusion

- In conclusion, laughing is very good for your mental and physical health. There is an old saying laughter is the best medicine. I believe this is true.

- Just from one good laugh, can lead to a better life and a better person.
- Are there any Questions?