

Why Laugh?

By Jay D. Rohman

We have all been told that laughing is good for us. It releases endorphins into the blood stream that helps to heal our body. Our muscles get exercise as we take our body through an internal volcano. And those endorphins help our mental attitude because they make us feel good.

Let's focus on that *feeling good* part. I'm all for feeling good. As a matter of fact I would rather feel good than feel bad. Wouldn't you? I have pretty much made it a goal in my life to feel good as much and as often as I can. I don't believe that I am much different than most people. Feeling good is a high priority for our lives. That is why we work for money, eat too much, get high and get drunk, have sex, etc.

We are a society of *get to feeling good* people.

Research shows that laughing makes us feel good. Whenever I do a seminar and I talk about stress, I generally guide people through any exercise where they have a couple of good ole belly laughs. When they are done I ask them how they are feeling. They all generally shout out great or fantastic. I then tell them that they have to feel good because they have all those endorphins running through their blood stream. Then I tell them I just got them high.

I'm a new kind of drug dealer. I get people high. Not with marijuana or ecstasy or some other type of narcotic. I get them high on their own natural body chemistry. The endorphins enter their brain and give them the rush that so many people seek through other avenues. And the best part about it...it's free. As of yet, no body really needs to pay to laugh. You can if you want. You can pay to see a comedian or see a funny movie. Or you can simply use simulated laughter to get the rush you desire.

So...why laugh? Because it accomplishes the goal that all of us are seeking. To feel good. So the next time you feel a little stress out and things don't seem to be working out right, why not break out in a big ole belly laugh and let them endorphins make you feel good!

Jay D. Rohman, known as the Ambassador of Encouragement, is a professional speaker, trainer and author. He has spoken internationally and works with individuals and organizations that want to BE better. Jay is a Certified Laughter Leader through the World Laughter Tour organization. Learn more at www.LAFF4Life.com. You can contact him at jay@laff4life.com.