

THE BENEFITS OF LAUGHING



ON THE BODY

- > Slows the heart rate
- > Opens blood vessels
- > Relaxes muscles
- > Boosts the immune system
- > Relieves pain
- > Regulates blood pressure
- > Improves sleep



ON YOUR WELL-BEING

- > Makes you happy
- > Creates social connections
- > Boosts self-confidence
- > Calms anger
- > Reduces sadness
- > Combats negative emotions



ON STRESS

- > Reduces stress
- > Lessens anxiety
- > Combats negative emotions
- > Relieves tension



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