



## The Benefits of Laughter: Resources and References

*5 Radical Minutes embraces laughter because it actually releases chemicals that help fight some kinds of cancer. Additionally, laughter relieves stress, lowers blood pressure, increases memory and learning, improves concentration, creativity, and learning. Besides all of that, laughter is one of the best ways we can bond with one another and lower defenses.*

### [Laughter Therapy](#)

Cancer Treatment Centers of America's guide to the healing power of laughter, including the research supporting laughter therapy.

### [Laugh Lots, Live Longer](#)

Scientific American Mind details a Norwegian study that found having a strong sense of humor may extend life expectancy.

### [Laughter-Based Exercise Program for Older Adults has Health Benefits](#)

Georgia State University research that shows the health benefits of simulated laughter.

### [No joke: Study finds laughing can burn calories](#)

Vanderbilt University Medical Center outlines a small study that found laughing raises energy expenditure and increases heart rate enough to burn a small amount of calories.

### [The Benefits of Laughter](#)

Psychology Today's article on the social benefits of laughter and the important role it plays in the relationships between people.

## [The Science of Laughter](#)

Psychology Today's psychologist and laughter researcher Robert Provine, Ph.D., explains the power of laughter, humor, and play as social tools.

## [Humor in the Workplace](#)

Laughter Remedy's series of articles on using humor in the workplace to reduce job stress, improve morale, boost productivity and creativity, and improve communication.

## [Laughter is the Best Medicine](#)

HelpGuide.org's guide to mental, emotional, and social health