

The Benefits of Humor

Not everyone can be a great **comedian**, but many of us are the **jokester** of the family, the class clown, or the funniest friend in the group. Some people are gifted with a sense of humor more than others and they are often greatly **appreciated** for it. It's natural to wonder whether you are among the funny ones—and whether there are ways to become funnier.

Laughter is **pleasurable** in itself, but humor has other important **roles**. Being able to laugh in difficult situations may lighten up a **tense** atmosphere and **ease** a trying **experience**. Humor does not only **relieve stress** but it can also help bring friends, family, and **spouses** close together, especially when a difficult **experience** is **shared**.

In addition to the **impact** that humor has on your emotional **well-being**, many people **claim** that **laughter improves** your physical **health**. Studies have shown that it is good for your **heart health** as well as for the **immune system**.

Who can forget the funny teachers we had? Most of the time we even remember what these teachers taught us! This is because humor **activates** the brain's dopamine reward system, **stimulating** motivation and **long-term** memory. This means that humor can improve **retention** in students of all ages.

Can humor be **harmful**? **It depends** on the **style** of humor. When it is **hostile, mean** or it will cause laughter at the expense of another, humor can **separate** people rather than bring them close together.

So, if you are that funny one in the group, make sure that people around you **benefit** from your sense of humor!