

UC BENEFITS/HEALTH & WELLNESS NEWSLETTER

Why did the chicken cross the road? To get to the other side! (chuckle, chuckle)

Stress relief from laughter? It's no joke

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.



Stress relief from laughter

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Cont page 2

Delta Dental:

Group Number: 10898
 Division Number: 00001(high)
 00002 (low)
 Member Services: 1-800-932-0783

Excellus Member Service:

CDHP: 1-800-499-1275
 PPO: 1-800-765-5226
 Medicare: 1-866-846-8643
 Primemail: 1-866-260-0487

**Human Resource
 Directions (Employee
 Assistance Program):**
 315-525-1370

Bank of Utica:
 797-2700

From the Office of Human Resources

- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

Improve your sense of humor

Are you afraid you have an underdeveloped — or nonexistent — funny bone? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.



- **Put humor on your horizon.** Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humor boost.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- **Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Mayo Clinic Staff

“Laughter may lead to hiccupping and coughing, which clears the respiratory tract by dislodging mucous plugs. Laughter also increases the concentration of salivary immunoglobulin A, which defends against infectious organisms entering through the respiratory tract.

What may surprise you even more is the fact that researchers estimate that laughing 100 times is equal to 10 minutes on the rowing machine or 15 minutes on an exercise bike. Laughing can be a total body workout! Blood pressure is lowered, and there is an increase in vascular blood flow and in oxygenation of the blood, which further assists healing. Laughter also gives your diaphragm and abdominal, respiratory, facial, leg and back muscles a workout. That's why you often feel exhausted after a long bout of laughter -- you've just had an aerobic workout! “

Excerpted from *How Laughter Works* by Brain Marshall



Did you hear
the one about....

Scheduling Appointments now:

The UC Health & Wellness committee is excited to bring you an opportunity to work with a personal trainer here at the Clark Athletic Center. For the special UC rate of just \$15 for 1/2 hour you will be able to set up an appointment with a certified personal trainer to assess you and help design a workout program especially for you. Contact Maggie Matrulli at Maggie_matrulli@yahoo.com and get the details.

UPCOMING EVENTS

Wednesday, March 11th 12-1 Lunch & Learn

Learn about Ergonomic Gardening from two Master Gardeners

Nancy Hollins OTR/L and Sally Townsend OTR/L

Tuesday, April 21st 1-2 Lunch & Learn

Office Ergonomics and Back Pain with Prof Ahmed Radwan

To register or to learn more, visit:

<http://www.utica.edu/hr/wellness>

or contact Caren at cbsummers@utica.edu



About 50-55% of women and 40-45% of men suffer from some type of vein problem.

Learn more by clicking on this link:

[Varicose/Spider Veins](#)

[Urgent Care or Hospital ER?](#)

[Urgent Care Locations](#)

Did you know that every time you attend a UC Health & Wellness event (class session registrations count as one event) your name goes into a drawing to win a FitBit® Activity Tracker? Drawing will be held in May. So don't forget to participate and don't forget to sign in!

Chair Massage Gift Certificates are available. Contact Caren cbsummers@utica.edu

Some program information for Excellus Members:

(Click for details) [Managing Back Pain](#)

(If you experience trouble opening the link—try another browser)

Beach Volleyball will be here again!

Contact Gary at gacarroc@utica.edu for more information