

## A Teacher Walks into a Bar (er...Classroom): Benefits of Laughter in Stress Reduction

Compiled by Lenore Balliro, Managing Stress to Improve Learning

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- Laughter lowers stress hormones (cortisol, epinephrine). Benefits can last for 45 minutes after laughing!
- Laughter eases anxiety and fear.
- Laughter increases number of antibody producing cells, boosts the immune system, which helps body deal with stress.
- Laughter releases endorphins and neurotransmitters (health inducing hormones).
- Laughter builds a bond among students.
- Laughter allows shy students to feel part of the class.
- Laughter diffuses conflict; brings emotions away from anger.
- Good humor promotes relaxation and openness to learning.
- Laughter lowers the “affective filter” (Krashen, 1987)
- Laughter strengthens relationships by fostering well-being and positive bonds—this counters negative interactions.

### Resources:

Krashen, Stephen D. *Principles and Practice in Second Language Acquisition*. Prentice- Hall International, 1987.

<http://www.care2.com/greenliving/8-health-benefits-of-laughter.html>

<http://stress.about.com/od/stresshealth/a/laughter.htm>