

## Laughter is the Best Medicine and It's Free

Everyone knows it! But how many people actually practice it? Many in this world are unfortunately choosing to suffer from depression, emptiness, and anxiety, making everyday life a torture for themselves as well as, for their loved ones. People are preferring to suffer rather than change. Some are open to see a Doctor / get hospitalised for treatment, will spend thousands of Dollars, but refuse to change their basic attitude towards Life. They will walk with grim faces, refuse to Smile, or laugh and suffer every day! Thinking it's cool to be Serious. What is available to all within, us free of charge is not used effectively and many unfortunately pay a heavy price.

Laughter decreases Stress Hormones and increases immune cells and infection fighting antibodies thus improving your resistance to diseases. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Laughter also reduces pain, increases job performance, connects people emotionally and improves the flow of oxygen to the heart and brain. There's lot of evidence to prove that laughter does lots of good things for us and definitely helps in reducing pain allowing us to tolerate discomfort. Even a fake or forced smile is better than no Smile! Even though laughing and smiling is free, many will either prefer to suffer or try and spend their way out of their miseries through commercial or external sources which often acts, only as a temporary respite.

So, if everyone knows this simple trick to be healthy and happy why most can't laugh or even smile? It's mostly to do with the thought patterns and mindset of people. Nowadays people mostly focus on economic benefits and achievements. For most what matters is only Wealth, Social Recognition and Fame and all 3 breeds stress and

frustration if not handled smartly. Some wealth is definitely needed to maintain your Lifestyle> Pursuing economic benefits is under no circumstances a bad thing. Striving for Success is essential for us to reach our potential. Having said that the process of striving for wealth has to be in sync with overall balance of Life! If You can't keep yourself or your loved ones happy all the wealth in the world would be meaningless. Happy people not necessarily are rich and Rich people not necessarily are always Happy. Happiness is available to all whether rich or poor as it's Self based (managing inner thoughts and emotions). Everyone can choose to be happy and joyful if they wish to – but it's easier said than done as people are caught up in so many pressures such as Social, Financial, Emotional, Physical etc. Many invite problems by themselves (Self invited problems) by doing the wrong things, or things they should not be doing. Finding Solace in the wrong areas will never work. Many have to just change their attitude and character and get rid of negative traits such as Jealousy, Arrogance, Anger, Ego, Selfishness etc. Once the body is rid of all negative traits people will naturally smile more, resulting in a Happy, and Joyful Life.

People choose to find happiness in places of Worship, Entertainment venues, Socializing, Dining, Wining, Social Media etc. These definitely offer respite and joy, albeit for a short time. Unless a person changes from within, the external pleasures will only be temporary. People manage to eek out fake laughs at some laughter clubs / gatherings, but when alone, still face the same issues. You can laugh and smile even when alone. What can make you laugh or smile only you can decide. You should be your best friend! Giving control to external circumstances or people to decide your happiness will never work. You should take control of your Life!

**Remember your Happiness is in your Control!**