



Mental Health: Laughter & Oxytocin

Laughter is a biological stress regulator. It increases oxytocin and reduces cortisol. Joyful connection is medicine. Playfulness supports resilience.

Oxytocin enhances social bonding and emotional safety. Laughter lowers stress hormones and improves immune function.

Lab trends may show lower inflammation in socially connected individuals.

Positive emotional experiences reinforce healthy behaviors.

01 Is This Your Story?

A patient feels emotionally flat despite good habits. When regular social laughter is reintroduced, mood improves and stress perception decreases.

02 Try This Today

Measure: Notice how often you laugh daily.

Do: Create one opportunity for laughter today.

Reflect: Ask whether joy is part of your health plan.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

