# Laughter is the best medicine

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# Vocabulary

**Optimistic**: hoping or believing that good things will happen in the future.
**Contagious**: (of an emotion, feeling, or attitude) likely to spread to and affect others.
**Humour**: the ability to find things funny, the way in which people see that some things are funny, or the quality of being funny.
**Distress**: a feeling of extreme worry, sadness, or pain.
**Overwhelmed**: to cause someone to feel sudden strong emotion.
**Sedation:** the administering of a sedative drug to produce a state of calm or sleep.
**Euphoria**: extreme happiness, sometimes more than is reasonable in a particular situation.

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# Introduction

We all face with stress in our day-to-day life. But laughter can help our mind be at ease. **Humour** helps you to keep a positive, **optimistic** outlook through difficult situations, disappointments, and loss.

Laughter is really **contagious**. Just hearing someone laugh signals your brain and readies you to smile and join in the fun. Humour and playful relationships strengthen relationships and builds emotional connection. Humour allows you to be spontaneous and express your true feelings.

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