Laughter Therapy

1.Match the word with the definition.

1) far-reaching	a) to become wider or more open
2) blood vessels	b) to reduce
3) to dilate /daɪˈleɪt/	c)small tubes that blood flows through in your body
4) to lower	d) a hormone that is used in medicine to treat parts of the body that are swollen and painful
5) immune system	e) a chemical released in the brain to reduce pain, can make you feel relaxed or full of energy
6) cortisol	f) having big effects and results
7) endorphin /enˈdɔː.fɪn/	g) continuing for a long time
8) chronic /ˈkrɒnɪk/	h) the cells and tissues in your body that fight against infection

2. Watch the video and match the answers to the questions.

1.Why is laughter the best medicine?	a) 30 minutes of funny videos every day
2.Can you be depressed or stressed when you're laughing?	b) it can help reduce pain (it increases the production of natural painkillers called endorphins)
3.What are the benefits of laughter?	c) no, you can't
4.What can laughter do for people with chronic pain?	d) you can take laughter classes, do laughter yoga, watch funny videos, hang out with friends, find joy in your life
5. What prescription does Dr Maxine Barish-Wreden write to her patients?	e) it's fun, easy and anyone can learn to laugh

LIVEWORKSHEETS

6. How can people bring more laughter into their lives?	f) - it gives your heart and lungs a great workout - it dilates your blood vessels it can lower your blood pressure - it may even protect you from heart diseases - it reduces stress - 10-15 minutes of laughter can burn about 50 calories - it helps out immune system (when we laugh we produce more antibodies to protect us from infections)

LIVEWORKSHEETS