Lesson 10 1 December 2014

***The Health Benefits of Humor and Laughter***

(adapted from: http://www.helpguide.org)

*1. Read the paragraph and match the underlined words and phrases with their Polish equivalents*

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, reduce pain, and protect you from the negative effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

katar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

układ odpornościowy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

wybuchy śmiechu: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

kaszel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

zaraźliwy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

wywoływać: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

kichanie: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*2. Match the following 4 headings with their descriptions*

**Laughter is good for your health**

1. **Laughter relaxes the whole body.** \_\_\_\_\_
2. **Laughter boosts the immune system.** \_\_\_\_\_
3. **Laughter triggers the release of endorphins,** \_\_\_\_\_
4. **Laughter protects the heart.** \_\_\_\_\_
5. the body’s natural feel-good chemicals. Endorphins promote a sense of well-being and can even reduce pain for some time.
6. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
7. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
8. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

*3. What do these phrases from the above text mean? Choose the correct definition for each*

* a sense of well-being: feeling good and happy / feeling sad and unhappy
* resistance (resilience) to disease: weak immune system / strong immune system
* cardiovascular problems: diseases of the heart or blood vessels / diseases of the respiratory system
* relieve tension: increase a stressful situation / reduce a stressful situation

*4. Put these benefits of laughter below into the correct columns:*

|  |
| --- |
|  **The Benefits of Laughter** |
| Physical Health Benefits:*
*
 | Mental Health Benefits:*
*
*
 | Social Benefits:*
*
*
 |

* Strengthens relationships
* Relieves stress
* Relaxes your muscles
* Prevents heart disease
* Adds joy to life
* Enhances teamwork
* Helps prevent a conflict
* Decreases pain
* Improves mood

*5. Put the verbs below into the correct empty spaces*

laugh is acts strengthen

The social benefits of humor and laughter

Humor and fun \_\_\_\_\_\_\_\_\_\_\_\_\_ our relationships by triggering positive feelings and fostering emotional connection. When we \_\_\_\_\_\_\_\_\_\_\_\_\_\_ with one another, a positive bond \_\_\_\_\_\_\_\_\_\_\_\_\_ created. This bond \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a strong buffer against stress, disagreements, and disappointment.

***6. Laughing with others is more powerful than laughing alone –*** *Do you agree?*

***7. Creating opportunities to laugh –*** *how much do these things make you laugh? Give scores from 1 to 5, where 1 is your weakest laugher reaction and 5 – the strongest*

* Watch a funny movie or TV show.
* Go to a comedy club.
* Read the funny pages.
* Seek out funny people.
* Share a good joke or a funny story.
* Check out your bookstore’s humor section.
* Host game night with friends.
* Play with a pet.
* Go to a “laughter yoga” class.
* Goof around with children.
* Do something silly.
* Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

***8. Checklist for lightening up***

*When you find yourself taken over by what seems to be a horrible problem, ask these questions:*

* Is it really worth getting upset over?
* Is it worth upsetting others?
* Is it that important?
* Is it that bad?
* Is the situation irreparable?
* Is it really your problem?

*Do you think this list is helpful? ☺*