

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 11

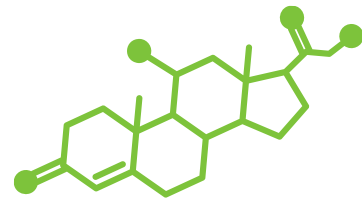


## LAUGHTER: THE ORIGINAL PAIN RELIEVER

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LAT, ATC

Humor is amazing. Not only because humor makes you smile and makes you happy, the act of laughter has health benefits too! That's right. Laughing has shown to have positive physiological changes in your body, both in the short- and long-term. It's all the more reason for us to find more opportunities to laugh in our day.

### LET'S TALK ABOUT STRESS, BABY



When stressed, we see an increase in cortisol levels in our blood. Cortisol is our primary stress hormone. If you're constantly stressed then you will have an abundance of cortisol in your bloodstream. The overabundance can lead to health issues such as obesity, anxiety, depression, heart disease, and more. Laughter has been shown to swap out the cortisol in our bloodstream with other chemicals: **dopamine**, **oxytocin**, and **endorphins**, returning you to a positive health state.

### HAPPY HORMONES

**Dopamine** has been linked to enhanced learning, motivation, and attention. Knowing this, whenever you start laughing at your spouse and notice a tinge of irritation, drop the knowledge bomb your laughter is just enhancing your ability to pay attention to them.



**Oxytocin**, the love drug, can increase our pain threshold, and promote growth and healing in our bodies.

**Endorphins**, our personal supply of opioids in our body, are also increased when we laugh. This is why we feel so unbelievably good when laughing!

### FIND YOUR LAUGHTER

The choice is embedded in our everyday life. Sometimes choices are in our control, and sometimes, we have zero control over anything that happens to us. If you can find a thread of laughter in tough times and give it a little tug, the physiological benefits you experience are worth it.

If you're having trouble finding that laughter, seek out one of those hard-to-miss green polos onsite. Work Right is happy to give you a reason to smile!



WANT TO READ MORE?  
SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



"From there to here,  
from here to there.  
Funny things are  
everywhere."

-Dr. Seuss