

What's So Funny?

By Joe Rosenlicht

As we grow into adulthood, many of us often take life too seriously and forget how to laugh. Did you know that children laugh about 400 times a day while the average adult only gives up about 25 chuckles a day? Laughter is a key to good health. It's been shown to:

- reduce stress
- lower blood pressure
- elevate your mood
- boost your immune system
- improve brain function
- protect the heart
- connect you to others
- foster instant relaxation

Go ahead and give it a try. Take time out of your hectic schedule to watch a laugh-out-loud movie or read a funny book. Once you've had your hearty chuckle, take stock of how you're feeling. Is your mood better? Are your muscles a little less tense? Do you feel more relaxed? That's the natural wonder of laughing at work.

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Joe Rosenlicht is a certified leadership coach and founder of InMotion Career & Wellness, based in Washington, DC. Through his coaching, he keeps clients moving forward in achieving career happiness, including transitioning into new jobs, writing winning resumes, doing effective job searches, interviewing and networking more powerfully, and answering the question, "What do I *really* want to do for a living?" He also coaches on wellness issues and is licensed to offer [The Wellness Inventory](#), a unique self assessment and life balance program. Joe's a featured columnist on various business and career websites as well as a marketing consultant for other entrepreneurs. For free valuable resources and tips, visit www.inmotioncoach.com and subscribe to *Making Waves*, his monthly newsletter.