

York University Staff Association Health and Wellness

News and Views

From Childhood to Adolescence we play and have fun every chance we get. But once we become adults we stop... allowing life's everyday stress to take over. Playing and having fun are vital for a healthy and happy life both mentally and physically. During childhood our mind is filled with games and fun. During adulthood our mind is filled with tensions and responsibilities. Playing, having fun and laughing releases antibodies that prevent tension, fear, and stress. Most importantly HAVING FUN helps maintain a healthy, well-balanced you.



A Smile goes a long way!

When you are having fun it is hard to keep that natural grin off of your face – and for good reason. A smile can turn a rotten day right side up. Smiling immediately decreases stress levels, even when the smile that you put on is “fake”. The body releases endorphins every time you smile. Endorphins are neurotransmitters that send a message of confidence and satisfaction to the brain. The result? a more cheerful and self-assured you. Some might compare smiling to chocolate, but there is no need to monitor just how often you smile in a day. The more you smile the better you will look and feel. You will make others feel great too. So smile away!

Laughter is the best medicine

There is lots of evidence to prove it. Laughter does a lot of good things for us. It reduces pain and allows us to tolerate discomfort. Just like smiling, laughing reduces your level of stress hormones. A good belly laugh will lower your blood pressure, improve breathing and regulate your heart beat. It can even reduce blood sugar levels, increasing glucose tolerance in diabetics and non diabetics alike. So stock up on those comedies and don't be afraid to crack lame jokes! It's for a great cause - your health.

FUN is a great bonding experience.

Engaging in bonding activities like hanging out with friends, playing group games, or even exercising together provides you with the perfect venue to take care of your health while spending time with your loved ones. Fun plays a large role in intimate relationships. It is really the glue of good marriages and friendships. Having fun together restores a positive sense of connection between people. In fact some researchers believe that the major function of laughter is to bring people together. So take the opportunity to spend time with those you love. It doesn't hurt that it makes you feel good too!



Optimism makes you live longer.

According to an article in the BBC, a group of American psychologists discovered that positive thinkers live 7.5 years longer than pessimists. According to the study, constant worrying puts a burden on the heart, thus increasing an individual's chances of giving into the negative effects of stress. It has been said that having an optimistic attitude is better than having low blood pressure and cholesterol levels. In other words staying positive works better than laying off of the potato chips 😊 Just kidding!

Ignore all your urges, throw away your fears and tension, create new friends and have fun with those you already know and love. Laugh like crazy!!!

Ultimately, the best gift that you can give yourself is the gift of good health, and the best way to achieve that? Have more FUN, of course.