On Sunday evening, as I sat in a restaurant, enjoying my tea and the company of some friends, the sounds of giggles and laughter drifted over from the next table. I turned to see what was happening! There at the table sat a family with two teenage daughters who were laughing and giggling. The mother grew more and more impatient with the girls’ inability to control themselves. After some time with a stern expression she said, “Girls, that is enough laughing for today.”

The girls however, tried to convince their mother that they were using up their quota of laughter reserved for Monday. “Anyways, “ they said, “we won’t be able to laugh tomorrow as much, because we will be in school.”

It seemed to me that the girls almost said, “we don’t have to ration our laughter and we don’t have to wait to be happy.”

It was then, I realized, that instead of waiting for things and events around us to make us happy, we must find them.

All of us know that laughter is good for us, but we often feel that there is nothing to laugh about. In this situation, try some laughter techniques.

Keep your eyes and ears open for things that can inspire laughter. Most important, learn to laugh at yourself.

Laughter should be for happiness- and other people’s happiness. Always keep in mind- laugh with others and not at them.

Doctors and health-care professionals have found laughter is indeed the best medicine.

Laughter often helps to reduce high blood pressure. It relaxes the whole body. A good hearty laugh relieves physical tension and stress, leaving the muscles relaxed for almost 45 minutes.

Laughing is a good exercise for your heart. It improves the function of blood vessels and increases blood flow, which can protect against heart problems.

Laughter also strengthens our immune system.

Laughter, therefore, is priceless medicine- free, easily available, easy to use and without any side reactions.