

* IF YOU DO ONE THING THIS MONTH...

laugh every day

IT'S NO JOKE; YOU CAN LOOK AND FEEL FANTASTIC BY BRINGING LAUGHTER INTO YOUR LIFE.

There's a very effective weapon to combat that sinking feeling – laughter. "When we laugh, we breathe in and out rapidly, and this increases the amount of oxygen in our blood and energises us," says Zaibun Siraj, a corporate trainer who specialises in laughter therapy classes. Breaking out into guffaws alleviates pain and gives you a sense of well-being by releasing endorphins – the body's natural painkiller. "It also strengthens our immune system by increasing our T cells and B cells that protect us against infections and viruses," says Zaibun. The tip to laughing every day? Surround yourself with funny people. Watch comedy films and television programmes you enjoy, and put up cartoons and happy pictures around you. Or come to the Hort Park on Tuesdays at 6.30pm to learn some free laughter techniques from Zaibun.

