

96.04.09 Workshop FRI SP Session 12 Laughter

Telegram Channel: @sabaitc

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1. Look at the purposes it may serve = use, benefit
2. Both socially and in terms of ...
3. Evolutionary advantages = مزیت تکاملی
4. **Tie** this to its many health benefits = relate, connect
5. This **innate** universal language = ذاتی
6. It **crosses** all cultural boundaries = مرز نمی شناسد
7. Regardless of whether ...
8. No matter wh ...
9. A way to promote social **bonding** = پیوند
10. Builds trust
11. Sends a message that
12. **Hostile** interaction = not friendly

----- for next session :

13. A sign of positive intent and good will
14. Produce health benefits
15. What is surprising though is that
16. laughter is not unique to humans
17. They laugh in much the same way
18. In the same way, in much the same way
19. Albeit at a higher frequency
20. Other apes
21. In playtime situations
22. So it seems
23. As is the case with humans
24. Laughter predates the evolution of human beings
25. Along with being
26. A social lubricator
27. Sth may be evolutionarily beneficial

28. Sounds more like a pant than a laugh to us
29. Dogs Exposed to this taped laugh track
30. Ended up having much lower stress levels
31. Not only in humans but also in animals
32. Cortisol and dopac fall by around 40%
33. Epinephrine stress hormones inhibit the proper functioning of the immune system
34. Blood platelets
35. Clog arteries and raise blood pressure
36. Leading to conditions such as heart disease and stroke
37. Increases antibodies that destroy viruses and tumors
38. Lead to the release of oxytocin
39. Anti-stress properties stimulate opioids activity
40. Laughter elicits positive feelings and a calming effect
41. Increase pain tolerance
42. Activates the production of endorphins
43. Clowns
44. Needing less sedation
45. A great physical workout for the body
46. A hearty laugh can exercise the diaphragm
47. Chronically ill persons
48. humor room

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Good luck!

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