3D Lydia Hung

'Laughter is the best medicine'

In my opinion, laughter is the best medicine for us. According to some scientific researches, laughing is both physically and psychologically good for us. Some studies even claim that 10 minutes of hearty laughing can burn 50 calories! In addition, laughter relaxes our whole body, improves our immune system and triggers the release of endorphins. There are so many benefits indeed. Therefore, we should 'activate' our 'laughing system' more often.

Everyone has stress, and we should handle our stress properly. For me, when I am stressed, I will wind down in different ways. First, I will listen to soft music which enables me to relax and stop fretting. Second, I will do some exercise. Sometimes, I will ride on the "Pirate Ship" and shout to vent my stress. Moreover, I will talk to my parents and friends about my problems or difficulties. Usually, they can give me some useful advice and comfort me.

If we are able to handle our stress properly, we can turn pressure into motivation and pursue excellence.