



PODCAST

TRANSCRIPT

Episode 136:

Title: “Laughter is the Best Medicine”

Duration: 18:00

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	Welcome to the Déclic Anglais Podcast, THE podcast for intermediate, French-speaking learners of English. This podcast is like a steppingstone (<i>un tremplin</i>) to help you understand more advanced materials in English. There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download the transcript for free from the link in the description of this episode. Or go to www.declicanglais.com/podcast. (Ecrivez vos notes ici).
01:08	Hello, dear listeners! Welcome to this episode of "<i>The Déclic Anglais Podcast</i>," the podcast that helps French speakers (like you!) learn English while exploring interesting topics! I'm your host Tom, and today we're talking about something that makes everyone happy – laughter (<i>rire</i>)! In today's episode, we're celebrating International Moment of Laughter Day (<i>Journée internationale du moment de rire</i>), which happens every year on April 14th. (Ecrivez vos notes ici).
02:06	Let's start with how this special day began. International Moment of Laughter Day was created by Izzy Gesell, a psychologist and educator, who also works as a speaker and humourist. He wanted to create a day when people would remember to take a moment to laugh and smile. Gesell chose April 14th as the date, and since then, people around the world have celebrated this fun holiday. Unfortunately, dear listeners, International Moment of Laughter Day is not a bank holiday anywhere in the world (<i>le jour n'est pas un jour férié</i>), but it's still a very nice idea. (Ecrivez vos notes ici).

03:14	Laughter (the act of laughing) is a foundational human instinct. It is something central to what a human being <i>is</i>. Laughter is so important to human beings that we actually have another international day – World Laughter Day (<i>Journée mondiale du rire</i>), which takes place every year in May. So you see? Laughter and humour is so central to the human experience that we actually need two days to celebrate it: once in April, and again in May! <i>(Ecrivez vos notes ici).</i>
04:10	Now then, dear listeners, what's the point in celebrating laughter? (<i>Quel est l'intérêt de fêter le rire ?</i>) It's all about the amazing benefits of laughter for our body! Laughter is so good for our physical health (<i>le rire est très bon pour la santé physique</i>). When we laugh, many wonderful things happen in our bodies: Our breathing (<i>notre respiration</i>) changes - we take in more oxygen, which is great for our whole body. It's like giving our organs a fresh supply of energy! <i>(Ecrivez vos notes ici).</i>
05:11	Our hearts (<i>nos coeurs</i>) get a workout - laughing makes our hearts beat faster for a short time. This helps our blood (<i>notre sang</i>) flow better. It's like a gentle exercise which is good for the body no matter our age. Laughing also burns calories! The contraction of muscles in your arms, legs, face, and torso all burn calories. (In fact, the contraction of muscles in your abdomen can also put pressure on your bladder (<i>la contraction des muscles de l'abdomen peut également exercer une pression sur la vessie</i>) – timing is important, dear listeners!) <i>(Ecrivez vos notes ici).</i>

06:24	But, before you get excited and think: <i>Super ! Je peux annuler mon abonnement à la salle de sport et regarder des comédies toute la journée...</i> Unfortunately, it's not <i>that</i> many calories to give you a good workout. Keep your gym subscription (<i>votre abonnement à la salle de sport</i>) for the moment. <i>(Ecrivez vos notes ici).</i>
06:53	What else happens in our bodies when we laugh? After a good laugh, our muscles relax. At first they tighten (<i>les muscles se contractent</i>) when we laugh, but afterwards they become very relaxed. And this can help reduce physical stress in our body. <i>(Ecrivez vos notes ici).</i>
07:27	One of the most important effects that laughter has is on our immune systems (<i>nos systèmes immunitaires</i>) - they get stronger. Regular laughter stimulates the production of cells which fight diseases, like antibodies (<i>comme les anticorps</i>). Antibodies are essential for defending us against viruses and bacteria. While laughter is no substitute for medicine if you are already very sick, regular laughter can help you recover quicker. <i>(Bien que le rire ne puisse pas remplacer les médicaments si vous êtes déjà très malade, rire régulièrement peut vous aider à vous rétablir plus rapidement).</i> <i>(Ecrivez vos notes ici).</i>

08:37	Ok, dear listeners, let's now look at how laughter helps the mind (<i>l'esprit</i>). The benefits (the advantages) of laughter don't stop with our bodies - our minds love it too! Here's what happens in our brains (<i>dans nos cerveaux</i>) when we laugh: Our bodies release special hormones called endorphins. These are a kind of “feel-good hormone”, natural mood boosters that make us feel happy and positive. These are the same hormones produced when we do vigorous exercise. <i>(Ecrivez vos notes ici).</i>
09:37	Along with producing positive “feel-good” hormones, laughter also lowers the level of stress hormones in our bodies, like cortisol. This helps us feel more relaxed and calmer. Do you have a bad memory? Do you have trouble remembering things? Then try laughing more! Yes, even the memory gets better when we laugh often - when we're happy and laughing, our brains work better at remembering things. This is also a reason why learning while having fun is so effective! <i>(Ecrivez vos notes ici).</i>
10:31	Laughter can also help with: - Fighting depression and anxiety - Sleeping better at night - Having more energy during the day Dear listeners, the list goes on and on and on... <i>(Ecrivez vos notes ici).</i>

10:54	So, we have seen how laughter can be a kind of “medicine” for the body and the mind. But laughter has another power, a power as a kind of social medicine. Dear listeners, have you noticed that laughing with others feels even better than laughing alone? This is because laughter helps us connect with other people. Humans are social creatures (<i>les humains sont des créatures sociales</i>). We have a desire to feel close to other humans. When we laugh together, we feel closer to each other. We create social bonds that promote good relationships and healthy minds. <i>(Ecrivez vos notes ici).</i>
11:59	When we laugh together, we build trust (<i>nous établissons la confiance</i>) with people. And of course, all of that sharing of positive emotions creates happy memories – happy, positive memories that can support us when life becomes difficult. (<i>Partager des émotions positives avec d'autres personnes crée des souvenirs heureux et positifs qui peuvent nous aider lorsque la vie devient difficile</i>). <i>(Ecrivez vos notes ici).</i>
12:39	Alright then, people, so... How can we add more laughter to our lives? Well, there is no “one size fits all” approach – everyone is different. But there are many, simple ways that we can bring more laughter into our daily lives: <i>(Ecrivez vos notes ici).</i>

13:06	One of the best things you can do is to begin your day on the right foot (<i>commencer la journée du bon pied</i>). In other words, instead of reading a depressing news story with your morning coffee, start your day with something that you know will make you smile. It could be a funny video, a funny story. It could even be taking a moment to remember something happy from your past. <i>(Ecrivez vos notes ici).</i>
13:52	Another good way to experience the benefits of laughter could be to share jokes (<i>des blagues</i>) with friends and family. Remember that laughing together also helps to boost relationships with our loved ones (<i>avec nos proches</i>). You could even try laughter yoga (<i>le yoga du rire</i>). Yes, dear listeners, laughter yoga is a real thing! It might seem strange (even ridiculous) at first! But millions of people worldwide say that laughter yoga really helps them. <i>(Ecrivez vos notes ici).</i>
14:47	So, we are coming to the end of this episode. Before we finish, let me leave you with an interesting experiment: Wherever you are right now, try to smile (<i>où que vous soyez en ce moment, essayez de sourire</i>). Even if you don't feel like it, even if you feel sad, just make a smile. You might feel ridiculous, but trust me... Make a smile, and hold it for a few seconds. <i>(Ecrivez vos notes ici).</i>

15:43	Do you notice anything? Do you maybe feel a little bit better? This is because even a fake smile (<i>même un faux sourire, un sourire qui n'est pas authentique</i>) can trick your brain into feeling happier! So, scientists have discovered that when you smile (even if you have nothing to smile about) the contraction of the facial muscles activates the same benefits as a real smile. (<i>Que vous fassiez semblant de sourire ou que vous souriez sincèrement, votre cerveau ne peut pas faire la différence !</i>) <i>(Ecrivez vos notes ici).</i>
16:37	While this kind of “fake smiling” will not solve whatever problems you have – your boss is still angry, the customers are still rude, the weather is still terrible – it will encourage your brain to produce endorphins, reduce your blood pressure, and boost your immune system. It’s not a magic cure (<i>ce n'est pas un remède miracle</i>), but it’s simple, it works, and it’s free! <i>(Ecrivez vos notes ici).</i>
17:20	Thank you for listening to today's episode about <i>International Moment of Laughter Day</i>! Remember, laughter is like free medicine for your body and mind. Try to find moments to laugh every day, not just on April 14th! Have a lovely day, everyone! And see you all at the next episode. Bye for now! <i>(Ecrivez vos notes ici).</i>

How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like www.wordreference.com to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

1.

2.

3.

4.

5.