



HAHA! BENEFITS OF LAUGHTER

Laughter has profound benefits – physically, mentally, and emotionally. To get the scientifically proven benefits, the laughter must be continuous for 10-15 minutes, hearty (coming from your belly), and unconditional. Laughter in real life is a few seconds here and there. Laughter clubs or practicing laughter exercises on your own or with a coach is the best way to get extended, hearty, and unconditional laughter.

PHYSICAL BENEFITS

- ☺ **Strengthens immune system and helps the body fight infection**
- ☺ **Acts as aerobic exercise – 1 minute of laughter = 10 minutes on a rowing machine**
- ☺ **Increases oxygen to the body and brain**
- ☺ **Decreases blood pressure and heart disease**
- ☺ **Acts as a natural pain killer**
- ☺ **Is anti-aging and helps you look younger** by exercising and toning facial muscles
- ☺ **Increases life expectancy**
- ☺ **Strengthens the respiratory system** by increasing antibody levels in saliva and mucous membranes of the respiratory passages
- ☺ **increases circulation – Internal Jogging**
- ☺ **Strengthens abdominal muscles and intestines; improves digestion, absorption, and bowel movement**
- ☺ **Secretes an enzyme that protects the stomach from forming ulcers**
- ☺ **Promotes better sleep**

MENTAL AND EMOTIONAL BENEFITS

Your moods determine the quality of your life. Laughter Yoga has the power to change your mood in minutes by releasing chemicals from your brain called endorphins. Laughter enhances joyfulness and puts us intensely in the moment.

- ☺ **Helps us cope with or detach from challenges and conflicts**
- ☺ **Diffuses negative feelings and situations**
- ☺ **Creates positive energy**
- ☺ **Decreases stress, depression, anxiety, loneliness, and negative thoughts**
- ☺ **Stimulates feel-good hormones**
- ☺ **Releases pent-up emotions in a healthy way**

SOCIAL BENEFITS

- ☺ **Breaks cultural barriers – laughter is a universal language!**
- ☺ **Provides social connection**
- ☺ **Increases emotional intelligence and personal development**
- ☺ **Creates trust between people and reduces conflict**
- ☺ **Improves self-confidence and communication**
- ☺ **Stimulates right-brain, creative thinking, and infinite potential**

For more information on Laughter Yoga, laughter classes, events, and workshops for organizations, communities, or any group: 919-756-5711, healthandhappinessalign.com