

THE POWER OF LAUGHTER

LAUGHTER IS GOOD FOR YOUR PHYSICAL HEALTH

- * Releases endorphins into your brain
- * Releases stress
- * Boosts energy
- * Relieves minor pains
- * Elevates your mood
- * Relaxes the whole body
- * Boosts the immune system
- * Improves blood circulation

LAUGHTER IMPROVES YOUR MENTAL HEALTH

- * Relieves sad or distressing emotions
- * Relaxes your mind and recharges your energy
- * Helps you stay focused
- * Improves your problem solving skills

LAUGHING STRENGTHENS RELATIONSHIPS

- * Brings friends or family members closer together
- * Adds joyfulness
- * Includes fun into the relationship
- * Adds spontaneity
- * Helps you let go of judgments, doubts, and criticisms
- * Releases self-consciousness
- * Lets you express your true feelings

LAUGHTER AT WORK

- * Fewer sick days
- * Increased sales
- * Better working environment
- * Increased production
- * Higher morale
- * Makes difficult situations more bearable

LAUGHTER AT HOME

- * Unifying
- * Therapeutic
- * Builds stronger relationships
- * Releases tension
- * Lets you have fun with your family
- * Encourages forgiveness
- * Stronger sense of connection
- * Makes difficult situations more bearable

LAUGHTER WITH FRIENDS

- * Forges stronger bonds
- * Renews friendships
- * Creates new friendships

LAUGHTER WHILE NETWORKING

- * Breaks the ice
- * Encourages people to get to know one another

THE POWER OF LAUGHTER

LAUGHTER IS GOOD FOR YOUR PHYSICAL HEALTH

What are some ways I can find opportunities to laugh more each day?

(i.e. Watch funny movies, play with kittens or puppies, look for humor in everyday situations)

LAUGHTER IMPROVES YOUR MENTAL HEALTH

What tend to put me in a better mood?

LAUGHING STRENGTHENS RELATIONSHIPS

How can I bring more playfulness and humor into my relationships?

LAUGHTER AT WORK

What can I do at work to lighten the mood?

LAUGHTER AT HOME

What can I do to bring more laughter into my home?

(i.e. Play more games, read funny stories, watch funny movies together)

LAUGHTER WITH FRIENDS

What are some unique ideas to have more fun with my friends?

LAUGHTER WHILE NETWORKING

How can I break the ice with some natural humor?
