

# LAUGHACEUTICALS: LAUGHTER AS WELLNESS

#### **OBJECTIVES**

- Participants will learn some positive benefits to adding laughter to their life
- Participants will get a chance to "play" and experience some benefits of adding play to their life & work environment
- Participants will get opportunities to practice concepts



### Benefits of Humor and Laughter

- Improve respiration & breathing
- Increase pain tolerance
- Reduce stress, anxiety & tension
- Decrease depression, loneliness & anger
- Improve mental functioning



## Let's play!



Apparently Purposeless Voluntary Inherent Attraction Freedom from Time Diminished Consciousness of Self Improvisational Potential Continuation Desire "Play" by Stuart Brown, M.D.

Financial institutions found that managers who facilitated the highest level of employee performance used humor the most often.



# Some of the psychological benefits of laughter include increased self-esteem, increased creativity and improved coping abilities.

~Dr. Lee Berk, Loma Linda University Medical Center



Laughter reduces stress
by increasing the body's
secretion of growth hormone,
which has a
positive effect on immunity.

~Dr. Lee Berk, Loma Linda University Medical Center

## Let's play!



# Definition of stress: the body's response (mental or physical) to change

#### **Distress:**

a negative and unhealthy form of stress often experienced as great pain, anxiety, or sorrow; acute physical or mental suffering; affliction; trouble.

Examples include:

Negative workplace culture, navigating rush hour traffic, losing a job, moving, getting downsized, etc...



#### **Eustress:**

a positive and healthy form of stress. This tends to motivate and excite you.

Examples include:

winning a race, accomplishing a task, riding a roller coaster, planning a marriage or a vacation, getting a raise, etc.



Eustress can help change your mindset and attitude toward things. It helps you consider the threats in your life as challenges. This changes your mental attitude toward different situations in life and helps you steer clear of distress.



What can you do to add more play/laughter to your work life?



## Let's play!



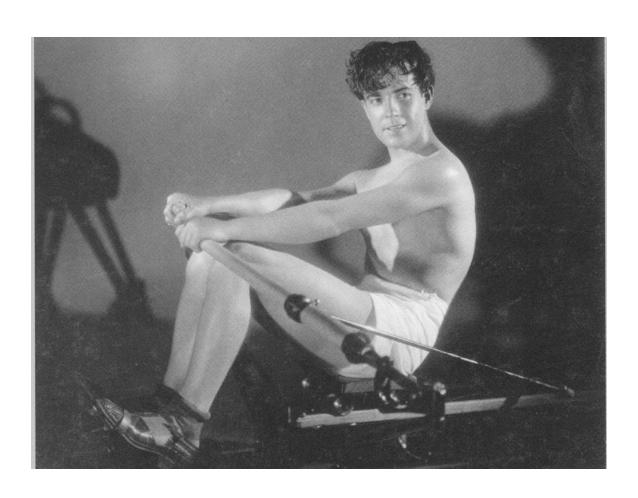
# Similar to exercise, busting a gut releases endorphins, which the body uses to fight pain and depression.

~Dr. Lee Berk, Loma Linda University Medical Center

# Laughing 200 times burns off the same amount of calories as 10 minutes on the rowing machine

~Dr. William Fry, Stanford University

#### Laugh or do this...you decide.



After a bout of laughter, blood pressure drops to a lower, healthier level than before the laughter began.

Laughter oxygenates your blood
(and thus increases
your energy level),
relaxes your muscles, and
works out all major internal systems
like the cardiovascular
and respiratory systems.



What can you do to add more play/laughter to your home life?



## Let's play!



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# To book this workshop, please contact BETTY.HART@KP.ORG

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