



# LAUGHACEUTICALS: LAUGHTER AS WELLNESS



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# 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.**



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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**



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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



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# Let's play!



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



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## **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...



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## **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.



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**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.



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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



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

~**Dr. William Fry**, Stanford University



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Laugh or do this...you decide.



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



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**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.



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

# Let's play!



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# Laughaceuticals: Laughter as Wellness



To book this workshop,  
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