Welcome!

Laughing for Clinical Practice Improvement

Ho! Ho! Ha! Ha!

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Presenter
EMOTIONAL & BODY SCAN
What is Laughter Yoga?

Why is it called Laughter Yoga?
Bring your body~~the laughter will follow!!!!!

- The difference between happiness & joy 😊

- The difference between being funny and having fun 😊
Laughter Yoga Vision and Mission

“When you laugh, you change—and when you change, the whole world changes.”
Scientifically Proven BENEFITS OF LAUGHTER

Mind
Body
Spirit
“To make mistakes is human. To stumble is commonplace. To be able to laugh at yourself is maturity.”
Cartoons vs. substances
Laughter Yoga echoes all schools of Yoga:
GET OUT OF YOUR MIND
Laughter is my favorite exercise!
LAUGHTER

😊7 days without laughter makes one weak

😊Laugh and live longer!

😊Laughter is Ha Ha Ha healthy!
Laughter promotes health through strengthening the immune system
BODY

Improves respiration, digestion, elimination

Mood elevator
(Emotional Intelligence)

Social connector
Hopeful
Connected
Empowered
Centered
Peaceful
Joyful
Energetic
Confident
Laughter Yoga often yields powerful unexpected changes—these include:

*A change from selfish, “I want” state of mind to a loving/caring/giving state of mind

*A new ability to laugh at things that previously would have caused stress/anger, & a new sense of forgiveness

*Increased ability to bring appreciation/joy to others
Stress promotes illness, depression, & anguish---

Laughter promotes health, wellness, emotional balance & joyfulness

Laughter also

Stress, worry, fear, & emotional problems, which stifle learning ability, creativity, teamwork, productivity, efficiency, & motivation while laughter boosts and strengthens these attributes
Laughter is an aerobic exercise that:

* creates positive energy
* improves communication
* increases social skills & emotional intelligence
* builds self confidence
* allows excellent non-violent releases of emotion
* increases self-acceptance
* decreases anger ~~ little things tend to not bother us as much
5 POINTS ABOUT WHAT IS LAUGHTER YOGA

- Laughter Yoga is a unique concept where anyone can laugh for no reason, without relying on humor, jokes or comedy.

- We initiate laughter as an exercise in a group, but with eye contact and childlike playfulness, it soon turns into real and contagious laughter.

- The reason we call it Laugher Yoga is because it combines laughter exercises with yoga breathing (Pranayama Yoga). This brings more oxygen to the body & the brain which makes one feel more energetic and healthy.
The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same physiological and psychological benefits!

It was started by a medical doctor, Dr. Madan Kataria, from Mumbai, India, with just 5 people (including his lovely wife) in a public park in 1995. It is fast sweeping the world, and today there are thousands of laughter clubs in over 65 countries!
3 REASONS FOR LAUGHTER YOGA

- In order to get the scientifically proven benefits of laughter, we need to laugh continuously for at least 10 ~ 15 minutes.

- To reap the health benefits of laughter, laughter has to be loud and deep coming from the diaphragm~~a belly laugh!

- Natural laughter comes and goes throughout our lives, depending on different conditions~~why leave it to chance when it is so beneficial? We do LY out of a commitment, which guarantees a way of getting the health benefits of laughter!
WHAT HAPPENS IN A LAUGHTER YOGA SESSION?

- Stretching/warming up
  - Breathing
  - Laughter exercises
  - Childlike playfulness
  - Clapping/chanting
  - Movement
- Lots of fun and laughter
  - Laughter Meditation
  - Relaxation
LET'S LAUGH !!!