

# The Laughter Connection

## The Benefits of Daily Laughter

No one needs to teach you how to laugh, right? We all do it quite naturally, don't we? I am sure you could tell me that you laugh easily and often. Everyone, including yourself, enjoys a good laugh ...but do you know how to laugh w-i-t-h-o-u-t humor?

Yes, you read that correctly, laughter *w-i-t-h-o-u-t* humor. Now don't misunderstand, we don't have anything against humor. After all, the world would be a mighty sad place without it. Most of us think of laughter and humor as being synonymous, but in actuality, they are quite separate. Humor is cognitive, meaning we must engage our language, intelligence, culture, tastes, preferences and our values in order to evaluate whether we want to laugh or not; whereas, laughter is simply a physical activity, totally independent and can be accessed immediately without the need for humor. In today's workplace, we must all be cognizant of what the media calls "being politically correct." Laughter Links training provides all the mental and physical benefits of deep robust laughter without the concern of offending anyone.

There is a multitude of medical research available on the health benefits of deep robust belly laughter. Research shows laughter lowers our blood pressure and improves our heart rate. One study shows we increase our blood flow to the heart by as much as 22 percent during laughter while we restrict our blood flow by 35 percent when we are under mental stress. Improve your arteries everyday with 15-minutes of deep purposeful laughter without humor. Leading cardiologist Dr. Michael Miller with the Maryland School of Medicine at Baltimore says, he believes 15 to 20 minutes of daily, purposeful aerobic laughter will prevent, yes prevent, heart disease.

Another study shows how we change our blood chemistry during laughter. We can actually increase our body's own natural growth hormone by as much as 87 percent. Laughter stimulates our entire immune system helping us fight off infection and disease plus it activates all those *feel good* chemicals in our brains. You will find the full reports on our website.

In the workplace, laughter without humor increases daily energy and enthusiasm. According to a published study in The Journal of Primary Prevention, daily laughter without humor can help us achieve a better balance of emotions, reducing the harmful effects of stress, anger and judgmental attitudes.

Laughter feels good, doesn't it? It helps us to breathe, which helps us open up our minds and hearts, allowing us to be more receptive to new ideas.

Laughter Links is a wonderful platform where people meet every day to change negative thinking into positive conversations. Classes are open to everyone, no one is excluded, and they are non-political, non-religious, non-exploitive and adaptable to all ages and backgrounds. Sounds like cultural diversity training to me.

What is Laughter Links training? It is a systematic activity based on the foundation of both ancient practices, such as yoga and meditation, and modern medical science. Laughter training is an interactive, yet self-starting and self-sustaining, form of genuine exercise. Dr. William F. Fry found that laughing one hundred times is equivalent to riding a stationary bicycle for 15 minutes or using a rowing machine for ten. I think I'll take the laughter, thank you.

Plus, according to published research, daily Laughter Links training expands your employees' capacities by increasing their self, relational and role competencies, which directly relate to their work performance, resiliency under stress, morale and personal health status.

There are several studies out showing people actually leave jobs not because of low pay but due to the "lack" of trust in the organizations leadership and an unhealthy culture.

Leading daily "laughter workouts" are a great way to build leadership confidence in secondary supervisors and re-enforce that confidence in your first line management.

Check out the website at:  
<http://www.lauphterlinks.com/>