

THE POWER OF LAUGHTER

Cheat Sheet

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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