



Laughterlines Coaching

Lisa Sturge

www.laughterlinescoaching.co.uk

AIM : Have Fun!



What we're going to cover :-

- Why Laugh? – Benefits of laughter
- Smiling
- Laughter Warm Up
- Laughter Sounds
- Laughter Yoga
- Everyday Strategies

Why Laughter?



Physical Benefits

Aids creativity

Releases tension

Releases endorphins

Strengthens the heart

Reduces stress hormones



Strengthens immune system

Increases blood flow

Dispels toxins

Lowers blood pressure

Improves circulation

Emotional Benefits

**Increases
Confidence**

**Increases positive
thoughts**

**Shifts
perspective**

**Aids
relaxation**

**Improves
communication**

**Strengthens
relationships**



Reduces stress

**Increases
joy**

Enjoy the moment!

Smiling

"A smile is an
inexpensive way
to change
your looks"

Charles Gordy



"A laugh is
a smile that
burst"

Mary H. Waldrip

Did you hear the one about ...?



No sense of Humour required !

How can we laugh more?

- Willingness

- Permission

- Buckets of Playfulness!



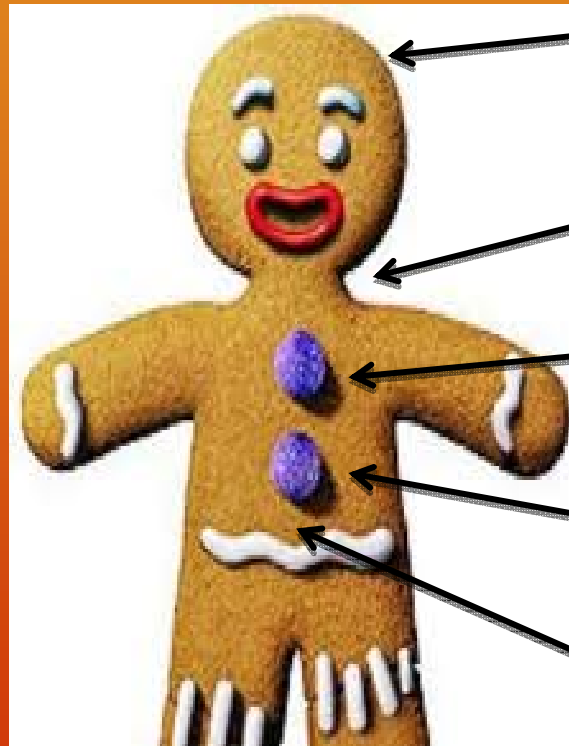
“Play gives us the courage to be who we want to be.
Play is our liberation.”

Robert Holden

Laughter Sounds

“Even the simulation of
an emotion tends to
arouse it in our
minds.”

Charles Darwin, 1872



Hee Hee!

Hoo Hoo!

Ha Ha!

Hu Hu!

Ho Ho!

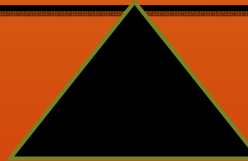
Laughter Yoga

- Preventative 'medicine'
- Playfulness!
- Inclusive
- Breathing
- Exercising
- Relaxation
- Connection



Dr. Madan Kataria

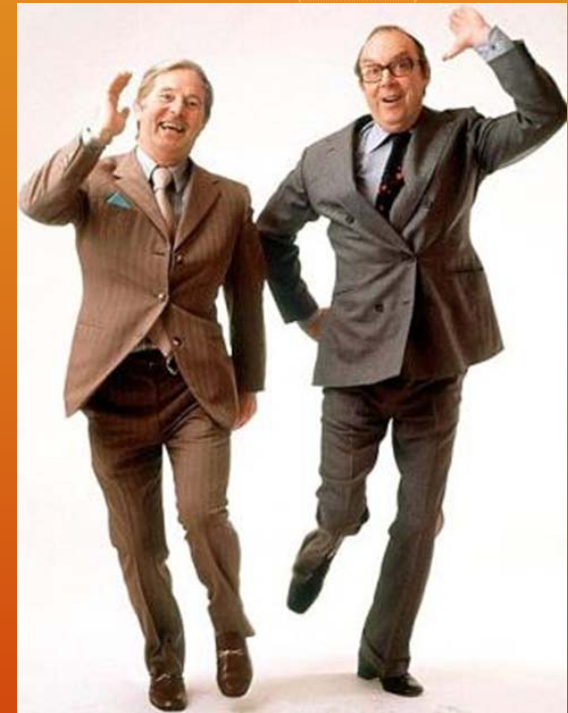
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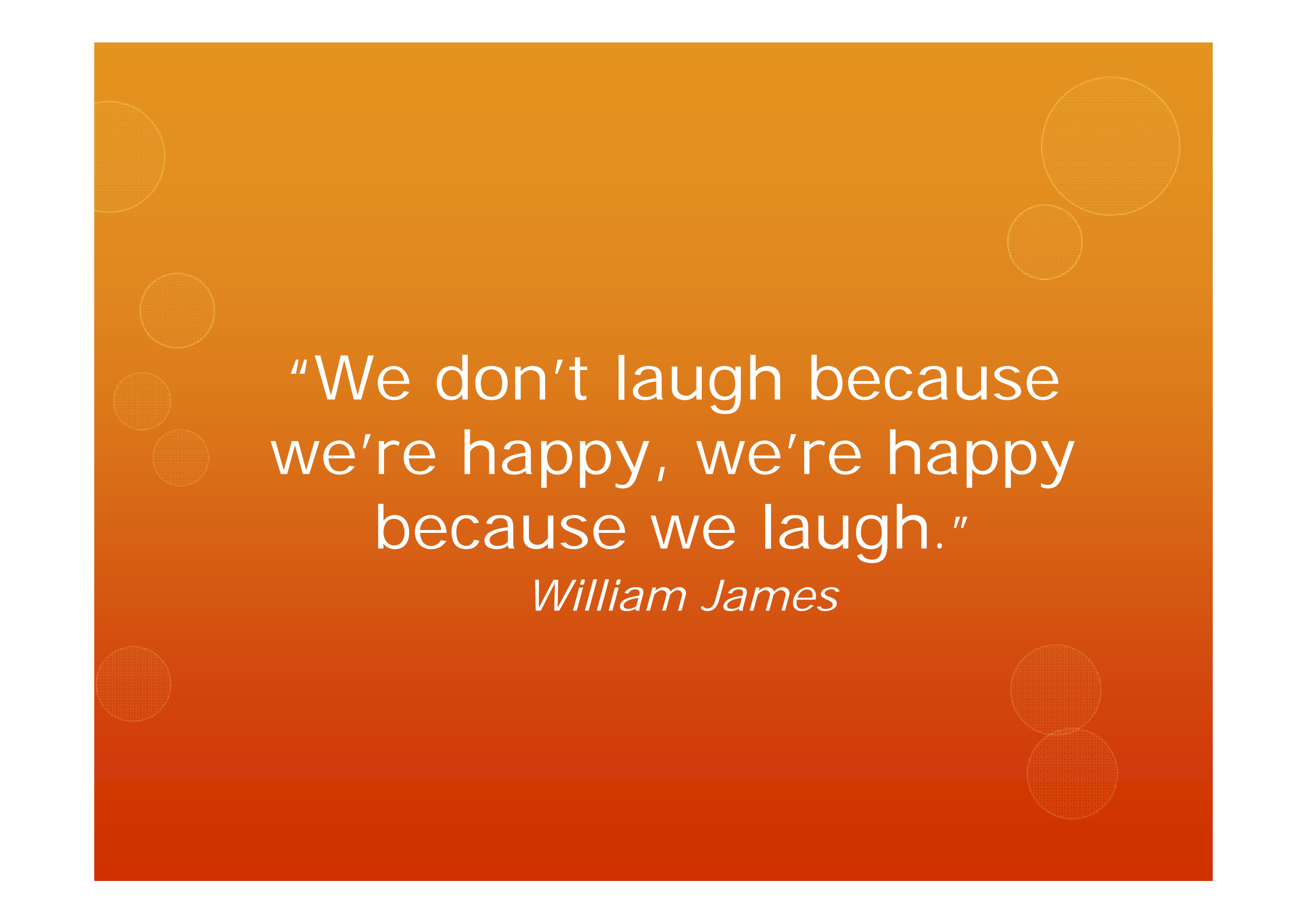


BALANCE

Ten Everyday Strategies for Laughter

1. Smile!
2. Laugh when others laugh
3. Experiment with laughter sounds
4. Be playful
5. Socialise
6. Step out of your comfort zone
7. Use laughter reminders
8. Enjoy your own style of humour
9. Share funny/embarrassing stories
10. Do one silly, frivolous thing every day



The background is a vertical gradient from light orange at the top to dark orange at the bottom. It features several semi-transparent circles of varying sizes, some with a fine grid pattern, scattered across the page. The quote is centered in white text.

“We don’t laugh because
we’re happy, we’re happy
because we laugh.”

William James



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