



# COUNSELING CENTER

## Laughter as Therapy

Did you know Laughter Therapy is a thing? During this workshop you will find out what Laughter Therapy is, learn about the physical and emotional benefits of Laughter Therapy, as well as learn some Laughter Therapy Exercises. Bonus: You will have some time to “just laugh” with your peers.

### **What is Laughter Therapy?**

Laughter therapy is an effective, scientifically supported, universal non-pharmacologic approach to **reduce stress and anxiety** and improve mental health.

AND IT IS FREE!!

Health Benefits of Laughing:

- Improves mood
- Reduce levels of stress and anxiety
- Stimulates circulation and muscle relaxation
- Boosts your immune response
- Relieves pain
- Increase personal satisfaction in life
- IT JUST FEELS GOOD TO LAUGH

Laughter Therapy Exercises:

1. The Fake Laugh > Fake laugh and shrug shoulders looking into a mirror or to others in the room.
2. The Hearty Laugh > Laughter from the heart. Think of a happy or funny memory until you start laughing about it.
3. The Cell Phone Laugh > Pretend to hold a phone up to your ear and laugh at what an imaginary person might be saying that is funny.
4. Arguing Laugh > Make laughing noises and sounds while expressing discontent on your face or in your gestures.
5. Vowel Movement Laugh > Laugh using the vowel sounds. “Ah ah ah ah ah,” “Ee Ee Ee Ee,” “Eye Eye Eye,” “Oh oh oh oh” etc.
6. Imitation Laugh > Imitate someone else’s laugh, like a comedian or friend’s laugh.

