

Let's Explore: Laughter + Imagination + Playfulness...  
Sprinkled In With: Music + Movement + Joy Rising...  
To Experience...



### Let The Fun Begin!

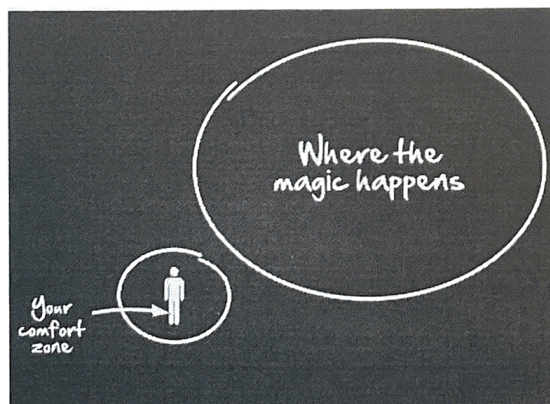
Batten down the hatches, we're about to LOL, ROTFL, LMAO and any other acronyms that you can think of that have to do with laughing for no reason, using our imaginations to engage in childlike playfulness and JUST HAVE FUN AND BE HAPPY!

Here's the catch: you may have to **SOOYCZ**.

### SOOYCZ? What's That?

**Step Out Of Your Comfort Zone.** I know, I know... it's not the easiest thing for any of us to do. But you know what I've learned? Whenever we step up, step out, and step *BRAVELY* into "awkward and uncomfortable" we come face to face with our SuperHero power and **WHOOSH! BAM!** We learn something about ourselves! AND... we discover that what "they" say, IS actually true.

**THE MAGIC REALLY HAPPENS OUTSIDE OF OUR COMFORT ZONE!** It's in THAT place where we stretch ourselves, reinvent ourselves, and learn exactly what we're made of!



### MOVE OUT OF YOUR COMFORT ZONE.

you can only grow if you are  
willing to feel awkward  
and uncomfortable  
when you try something **NEW.**

~ Brian Tracey

## OPENING

- ❖ Introductions and lay of the land
- ❖ Starting point evaluation
- ❖ Release and Let Go.

## ALL ABOUT ENERGY

- ❖ E-motion
- ❖ Stand your ground

## ALL ABOUT HAPPINESS

- ❖ Let's make a game of it Round 1
- ❖ Choice and Chance
- ❖ Training the body and brain
- ❖ Practice! "Pursuit of Happiness"

## ALL ABOUT LAUGHTER

- ❖ Let's make a game of it Round 2
- ❖ Laughter Wellness
- ❖ Imagination and Playfulness
- ❖ Whole Hearted Living

## CLOSING

- ❖ But Wait There's More... what's in your toolbox?
- ❖ Meditation
- ❖ Evaluation and a Surprise

**TOOLS TO BUILD A LAUGHTER and HAPPINESS PRACTICE**  
"Pursuit of Happiness" = *PRACTICE*

What did you discover from your Laughter Quotient?

Be Willing to be Willing to Move out of the comfort zone...

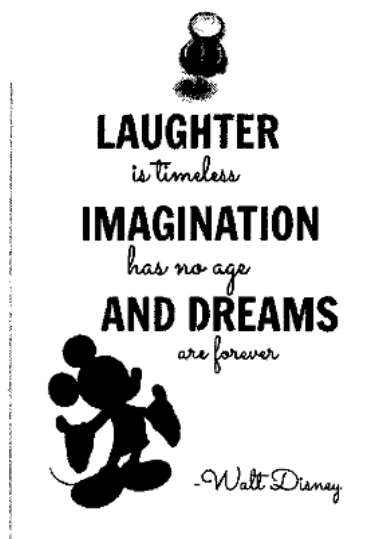
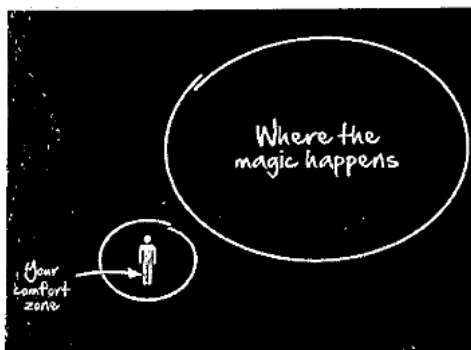
Cracking the egg from the inside out = LIFE BEGINS!

***"When you change the way you look at things the things you look at change!"***

Small steps... 212 Degrees, 1mm or 2mm... PIVOT....

Laughter and Music as a state change.

Develop and practice your imagination and playfulness.



**You can discover more about  
a person in an hour of play,  
than in a year  
of conversation.  
~Plato~**

# 21 Benefits of Laughter

1. Relaxes the whole body
2. Boosts the immune system
3. Triggers the release of endorphins
4. Protects the heart
5. Lowers stress hormones
6. Relaxes muscles
7. Enhances resilience
8. Adds joy to life
9. Improves mood
10. Enhances teamwork
11. Helps defuse conflict
12. Eases anxiety and fear
13. Lowers blood pressure
14. Increases memory
15. Helps oxygen flow to the brain
16. Maintains healthy blood sugar
17. Promotes better sleep
18. Improves alertness
19. Increases creativity
20. Gives you more energy
21. Improves relationships

Laugh  
More



⊕ BELLY LAUGHS  
(guffaw)  
SECOND AND THIRD  
CHAKRAS EXPAND



(HELPS RELEASE FEAR OF  
LACK OF CONTROL AND  
INSTEAD BE EMPOWERED)

⊕ HEART LAUGHS  
(chuckle)  
OPENS THE HEART  
CENTER / CHAKRA



(STRONGER FLOW OF  
ENERGY TO THE  
REST OF THE SYSTEM)

## More Tidbits From The Laughter Muse



- ☼ Awareness leads to choices and choices lead to change.
- ☼ Change your thoughts, so you can change your life.
- ☼ Your body reacts to your every thought.
- ☼ BREATHE! Pranayama is control of the breath. "Prana" means breath, or the vital life force energy of the body.
- ☼ Exhale longer than the inhale to assist the clearing of "stale air" in your diaphragm.
- ☼ Moving impacts your mood for the better.
- ☼ Combine movement, AND music for a SUPER boost.
- ☼ Posture impacts mood. Stand in a SuperHero Pose thinking self affirming thoughts.
- ☼ One minute of laughter boosts your immune system up to 24 hours!
- ☼ One minute of anger weakens your immune system 4-5 hours!
- ☼ 4 Steps of Laughter Exercises:
  - 1) Clap to activate pressure points,
  - 2) Eye-to-Eye with Simple Movement and Deep Breathing.
  - 3) Be Playful & Imaginative,
  - 4) Engage in Laughter Exercises.



**One minute of anger  
weakens the immune  
system for 4 to 5 hours.**

**One minute of laughter boosts  
the immune system  
for 24 hours.**



I believe in the healing power of  
laughter. I believe laughter forces us  
to breathe.

— Brené Brown —





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## 5 CORPORATE BENEFITS OF LAUGHTER YOGA

### 1 Reduces Stress

Laughter Yoga is the quickest, most effective, most economical way to help employees reduce stress. This helps prevent worker burnout and absenteeism from stress-related illness.

### 2 Creates Emotional Well-Being

Laughter Yoga helps employees balance and manage their emotional lives. It increases positive emotions and decreases negative emotions. This smoothes workplace relations and helps people develop a work life balance.

### 3 Promotes Peak Performance

Laughter Yoga increases the net supply of oxygen to the body and brain, thus, promoting peak performance. The brain requires 25% more oxygen than the rest of the body. The laughing and deep yoga breathing of Laughter Yoga enables the brain to attain this much needed oxygen supply so that it can function at its highest level. How much you can work depends upon your mood states. If your mood is good, you do everything well. Your mood states are paramount to your peak performance. Laughter Yoga changes your mood within minutes by releasing chemicals from your brain cells like endorphin.

### 4 Enhances Creativity

The playfulness of Laughter Yoga frees right-brained thinking, the basis of all creativity. Out of this creativity, new ideas and concepts can grow, giving your business the edge it needs to move forward.

### 5 Builds Team Spirit

Laughter Yoga connects people and this builds team spirit. Communication skills are enhanced and employees engage with one another in a helpful, mutually-supportive environment.

## THE POWER OF PLAY

**"Playing With My Children Likely  
Saved My Career" Shonda Rhimes**  
*Creator behind Grey's Anatomy & Scandal*



*Below is an excerpt of an article written by  
JESSICA HULLINGER 02.17.16*

Rhimes describes the electrifying feeling she gets when she's writing, working, and creating, as the "hum." "The hum is more than writing," she says. "It is action and activity. The hum is a drug. The hum is music. The hum is light and air. The hum is God's whisper right in my ear. And when you have a hum like that, you can't help but strive for greatness at any cost. That's called the hum. Or maybe it's called being a workaholic."

For years, the hum helped Rhimes create. But as work piled on, she became overworked and burned out. Then the hum stopped and she was left with silence. "I was no longer having any fun," she says. "So what do you do when the thing you do, the work you love, starts to taste like dust?"

It was around this time that Rhimes started on her project that eventually led to her book, Year of Yes. She began saying yes to everything she was afraid of, from public speaking to acting. **But it was saying yes to playing with her children that she says helped save her career. It was only when she started taking the time for uninterrupted play with her three kids that the "hum" started to return.**

**"Work doesn't work without play," she says. "It takes a little time but after a few months one day the floodgates open and there's a rush and I find myself standing in my office filled with an unfamiliar melody, full on groove inside me and around me and it sends me spinning with ideas. ... The more I play the freer my mind becomes. The more I play the better I work. The more I play the more I feel the hum."**

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- ❖ Moving impacts your mood for the better.
- ❖ Combine movement, AND music for a SUPER boost.
- ❖ Posture impacts mood. Stand in a Super Hero Pose!
- ❖ 4 Steps of Laughter Yoga: 1) Clap to activate pressure points, 2) Breathe; your exhale is longer than inhale, 3) Be Playful & Imaginative, 4) Engage in LYoga Exercises



## **Make Laughter a Habit**

By Katherine Zeratsky, R.D., L.D. and Jennifer K. Nelson, R.D., L.D. August 9, 2014

MayoClinic.org

Laughter is about being present. When you laugh you enjoy the here and now. There are therapeutic benefits to laughter and for this reason it is one of the 12 Habits of Highly Healthy People.

Research shows laughter offers us health benefits in four health dimensions: physical, intellectual, emotional and spiritual.

### **Physical health**

- Laughter is like "internal jogging." It temporarily increases your heart rate and blood pressure, followed by muscle relaxation and a decrease in blood pressure.
- It boosts the immune system and promotes healing.
- It burns calories – 60 to 120 calories an hour over your resting metabolism.

### **Intellectual health**

- Laughter can create a positive affect, which in turn may influence attention, creativity and imagination.
- It has been found to enhance employee morale, resilience and belief in one's abilities in the workplace.

### **Emotional health**

- Laughter is a great positive coping skill.
- It can reduce stress by providing a positive way to look at a problem.
- It solidifies friendships and makes people feel included.

### **Spiritual health**

- Laughter is a universal language and can be an interfaith experience.
- It fosters connection, community and compassion.

### **Here are some opportunities you can explore related to laughter:**

- Try laughter yoga —a fun combination of stretching, breathing and laughing exercises that can help you feel awakened, confident, creative, productive and ready to tackle anything.
- Build an inventory of funny jokes, cartoons and stories.
- Have a joke jar at home or in your office.

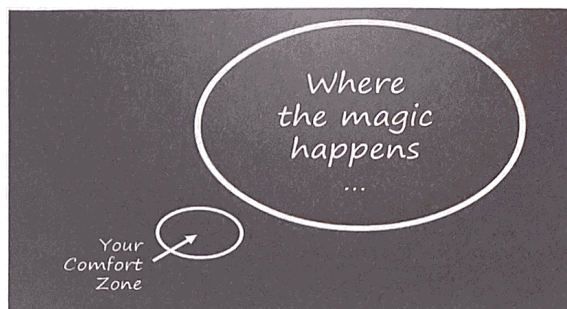
Of course, it's important to distinguish between laughter that heals and laughter that hurts. Consider how you can bring more gratitude, acceptance, and laughter into your life and lives of those you touch.





Michelle Fought  
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Author, Speaker, Coach  
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**Workshops that Engage ~ Encourage ~ Empower**



## LET'S GET AN IDEA WHERE YOU ARE STARTING TODAY.

We need to know where we are in order to know where we want to go.

**Using a scale of 1-10 with "1" being no/low/never and "10" being yes/high/always.**

I'm optimistic (for the most part) about life and my future (my glass is half full).

1      2      3      4      5      6      7      8      9      10

I do some form of exercise or movement every day.

1      2      3      4      5      6      7      8      9      10

It's easy for me to share my feelings with friends and relatives.

1      2      3      4      5      6      7      8      9      10

I laugh throughout the day, EVERY day. (laughing can be for any reason: people, movie, book)

1      2      3      4      5      6      7      8      9      10

I find things to be grateful for on a daily basis.

1      2      3      4      5      6      7      8      9      10

I'm pretty satisfied and happy with my life right now.

1      2      3      4      5      6      7      8      9      10

I participate in a spiritual community or spiritual practice regularly.

1      2      3      4      5      6      7      8      9      10

I'm a happy person and handle the bumps in life easily.

1      2      3      4      5      6      7      8      9      10

I do kind things for others (random acts of kindness).

1      2      3      4      5      6      7      8      9      10

I feel my life is meaningful (I am here for a reason and have a purpose)

1      2      3      4      5      6      7      8      9      10

I often do things that are out of my comfort zone.

1      2      3      4      5      6      7      8      9      10

It's easy for me to be playful and use my imagination with people I just met.

1      2      3      4      5      6      7      8      9      10

#### Answer YES or NO

- |   |   |   |
|---|---|---|
| * I'm very stressed out right now.        | Y | N |
| * It's important for me to be right.      | Y | N |
| * It's hard to ask for help.              | Y | N |
| * It's hard to receive help.              | Y | N |
| * I'm self-conscious doing something new. | Y | N |

**What I hope to learn from this workshop:**

**My intention for this workshop experience:**



# Laughter Yoga

## Four Aspects of Breath

**First Three Aspects of Breath/Pranayama:** There are three aspects to breathing or pranayama practices: 1) exhalation, 2) inhalation, and 3) the two transitions between them. These three are like the waves in an ocean, which have: 1) rising of waves, 2) falling of waves, and 3) the two transitions between them.

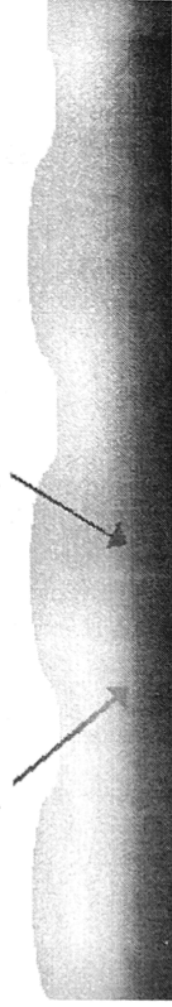
**Exhalation of Breath**      **Inhalation of Breath**      **Transitions of Waves**      **Transitions of Breath**



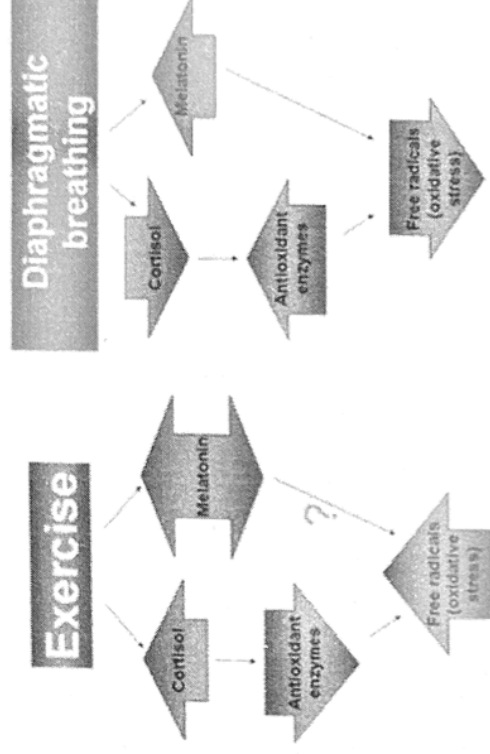
**Fourth Pranayama:** However, there is a fourth aspect of prana, the energy behind, or subtler than the gross breath. This is like diving deep into the ocean, deeper or beyond the three forms that are on the surface. This is the goal of all breathing practices, to enter into this fourth pranayama. It sets the stage for advanced meditation.

In this deep stillness, there is no awareness of three forms on the surface, which have been left behind.

Fourth  
Pranayama



**Yoga Sutras 2.51-2.52:** The fourth pranayama is that continuous prana which surpasses, is beyond, or behind those others that operate in the exterior and interior realms or fields. Through that pranayama the veil of karmasheya (2.12) that covers the inner illumination or light is thinned, diminishes and vanishes.



## Top 10 Reasons To Laugh

1. Laughter is a stress buster
2. Laughter boosts the immune system
3. Laughter promotes relaxation
4. Laughter reduces anxiety and depression
5. Laughter exercises the diaphragm and abdominal muscles
6. Laughter helps control blood pressure
7. Laughter increases lung capacity and oxygen intake
8. Laughter helps detoxify the body
9. Laughter increases circulation
10. Laughter is fun and makes you feel GOOD!

## 4 Components Of Laughter Yoga

Rhythmic Clapping to stimulate the acupuncture pts.

Deep Breathing or

Pranayama (*prahn-ah-yamah*)

Is Sanskrit:

Pran = Life Force/Vital

Energy=breath

Ayam = To extend or draw out

Mild Stretching & Chanting

Ho-Ho... Ha-Ha-Ha

Very Good, Very Good

Yeaaaaa!

Laughter Exercises

## **LMSL... Laugh More ~ Stress Less**

LOL. ROTFL. LMAO. You know what those acronyms are if you do any kind of texting (*and if you don't I REALLY WANT TO MEET YOU*). If only when we typed those acronyms we were actually DOING what we were typing, you'd be a happy place. Laughter is about being present. When you laugh you enjoy the here and now. There are therapeutic benefits to laughter and for this reason it is one of the 12 Habits of Highly Healthy People.

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