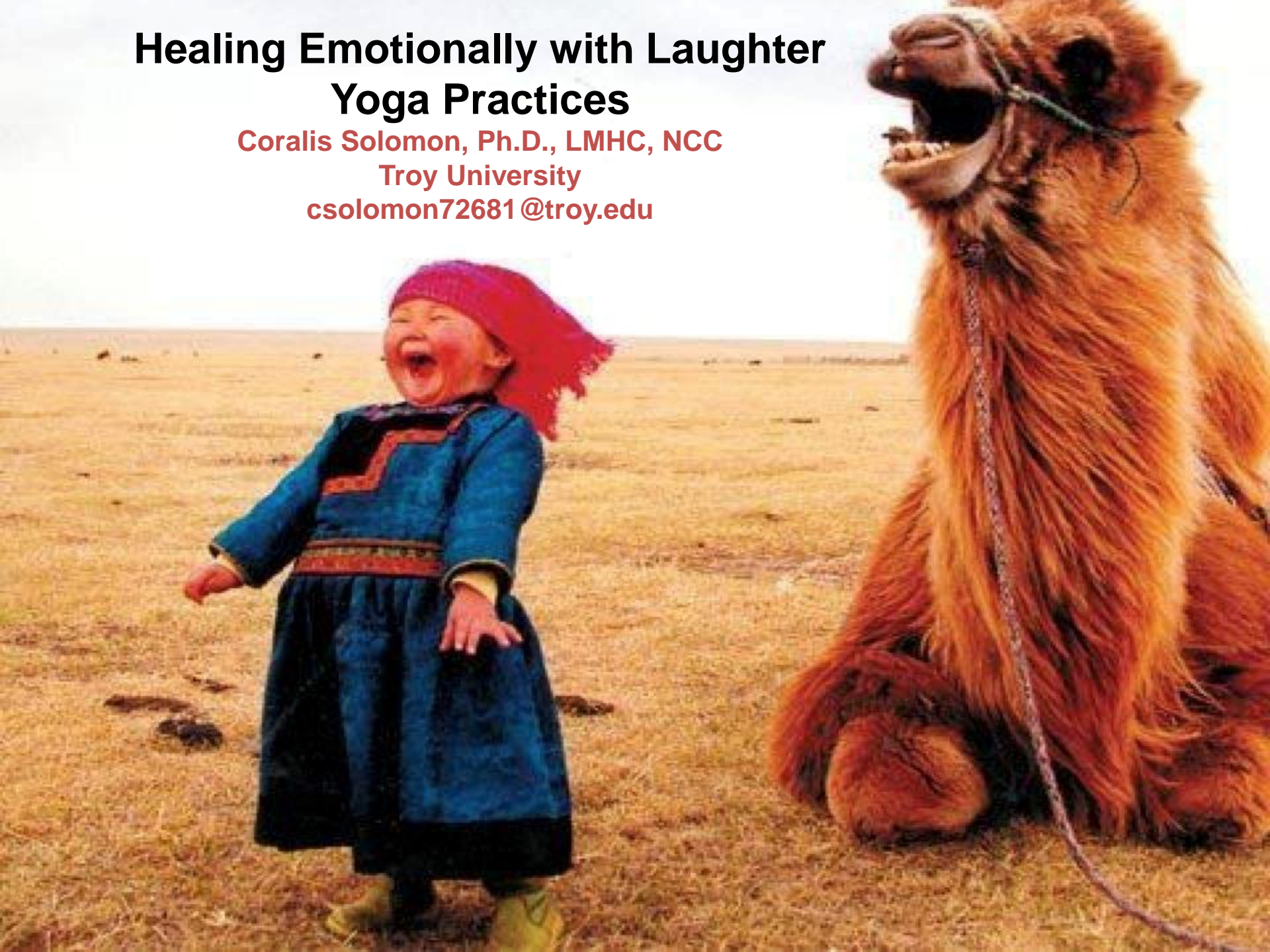


Healing Emotionally with Laughter Yoga Practices

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Laughter Quiz

How many different types of smiles are there?

18

Up to how many muscles can be used
when smiling?

53 muscles

How do blind babies learn to smile?

They just know.

Smiling is a biological function of happiness not a culturally learned emotion.

Up to how many feet away can a smile be visible?

300 feet

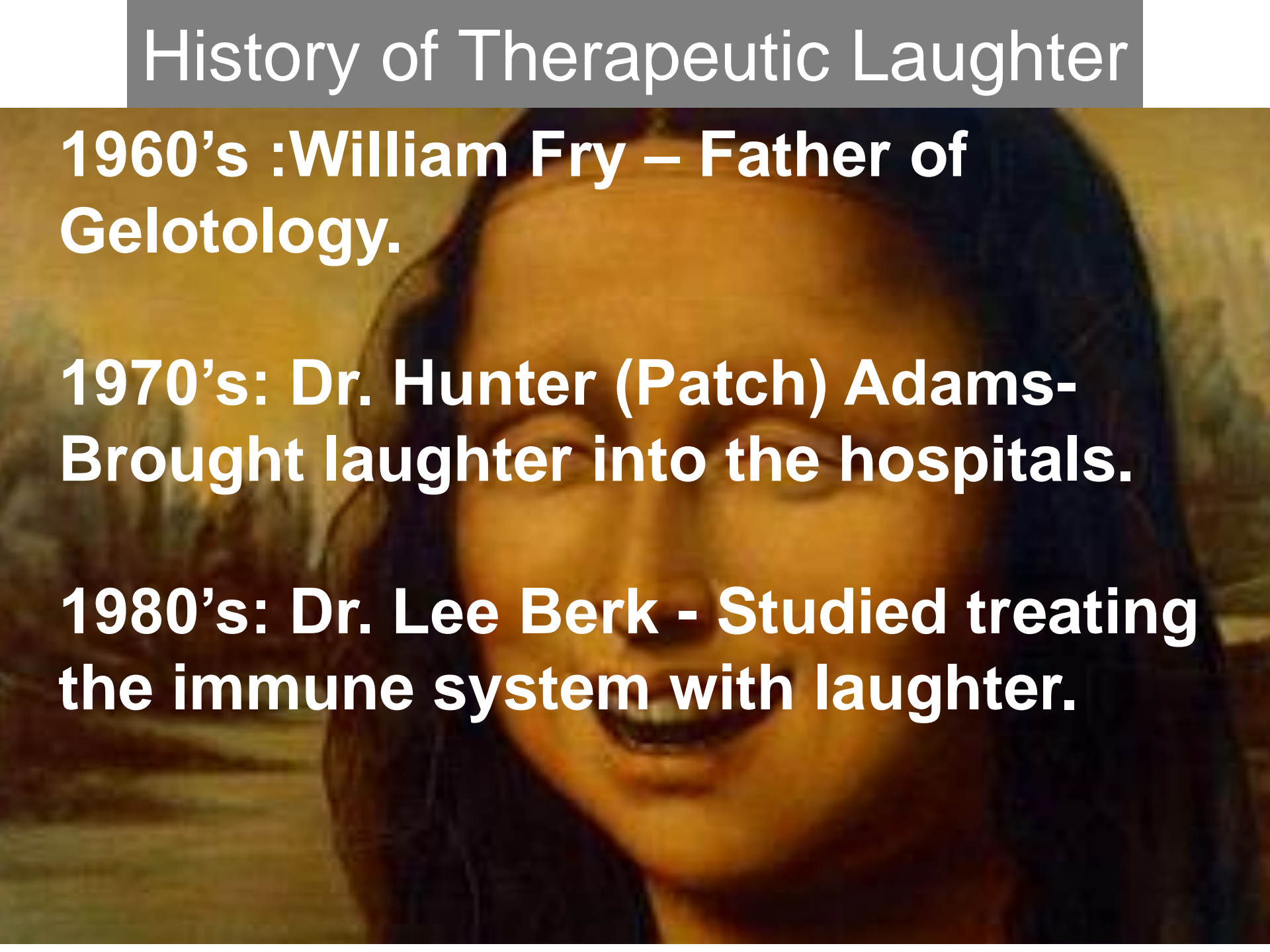
Try this: Stretch your neck backwards and look up. What happens to your facial muscles?

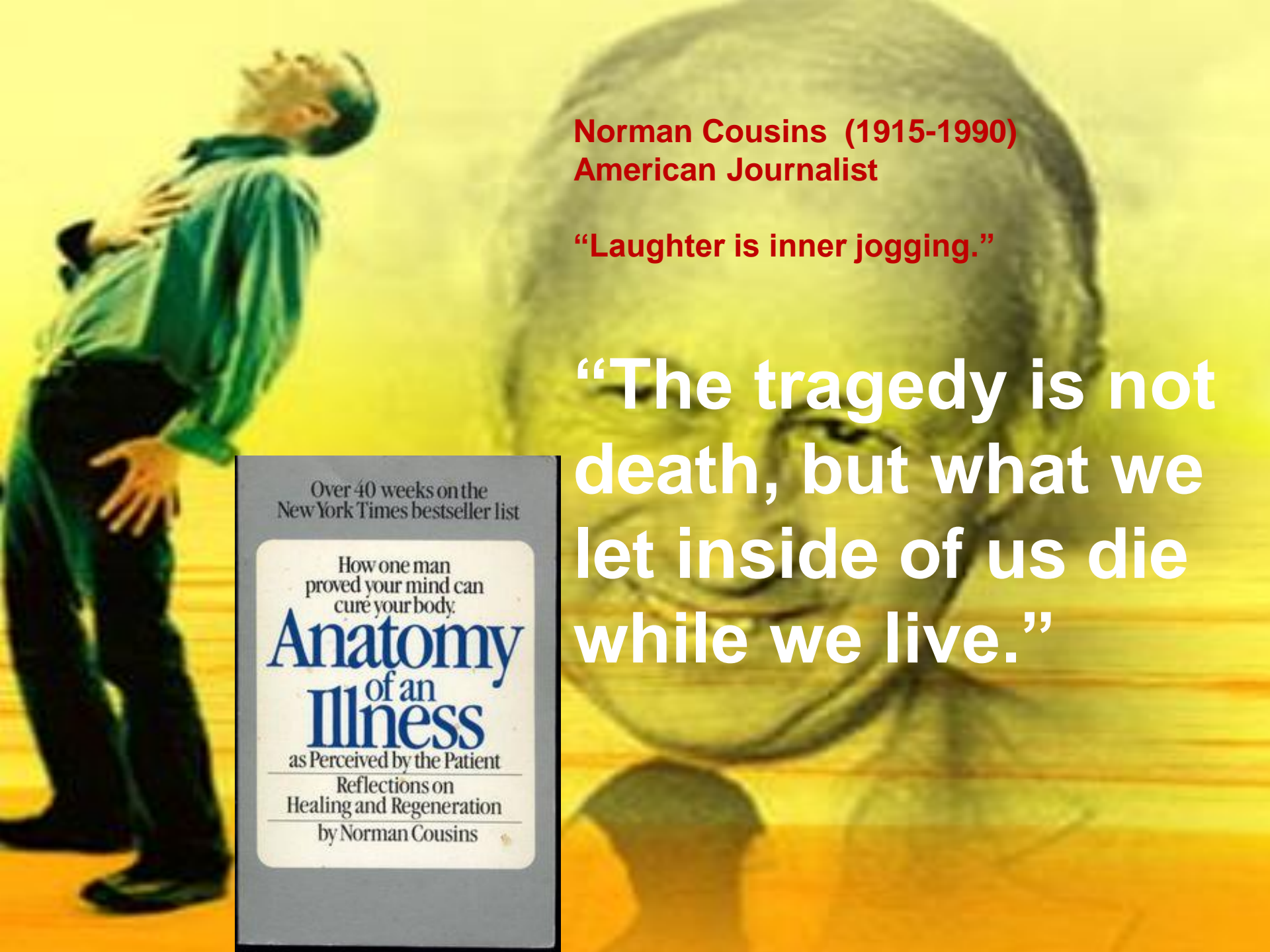
History of Therapeutic Laughter

1960's :William Fry – Father of Gelotology.

1970's: Dr. Hunter (Patch) Adams- Brought laughter into the hospitals.

1980's: Dr. Lee Berk - Studied treating the immune system with laughter.





Norman Cousins (1915-1990)
American Journalist

“Laughter is inner jogging.”

“The tragedy is not death, but what we let inside of us die while we live.”

Over 40 weeks on the
New York Times bestseller list

How one man
proved your mind can
cure your body.

Anatomy of an Illness

as Perceived by the Patient

Reflections on
Healing and Regeneration

by Norman Cousins

SPECIAL MIND & BODY ISSUE

TIME

THE
SCIENCE
OF


HAPPINESS

- Why **OPTIMISTS** live longer ■ Is **JOY** in your genes?
 - Does **GOD** want us to be happy?
 - Why we need to **LAUGH**
- PLUS:** Dave Chappelle on what's funny

Benefits of laughter

STUDIES SUGGEST LAUGHTER HAS THE FOLLOWING MENTAL AND PHYSICAL BENEFITS

MENTAL

Releases **endorphins**,
 which are linked to
positive mood

Reduces **stress**,
anxiety, and
depression



Improves **life**
satisfaction



PHYSICAL

Increases natural killer cell
activity (cells in the innate
immune system known for
fighting infection and
detecting cancer)



Provides similar **cardiovascular**
benefits to exercise



Improves **learning** and
creative thinking



Increases **pain tolerance**

Healing with Laughter

The ability to laugh removes layers of inhibition, programming and mental roadblocks created by self, family, and society.



The Monkey Story:

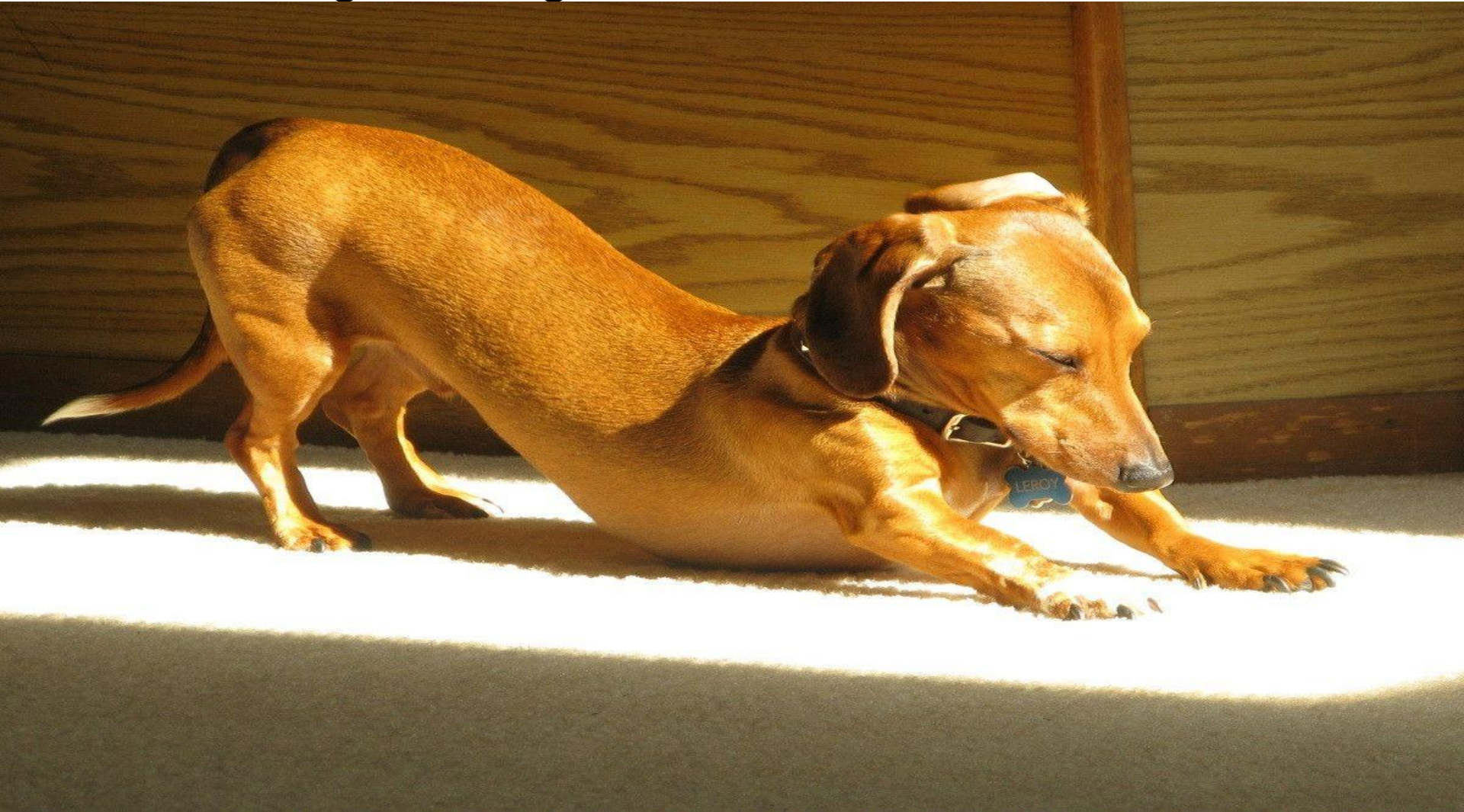


Dr. Madan Kataria
Founder of Laughter Yoga



Laughter Yoga

What does downward facing dog and Laughter Yoga have in common?



What is Laughter Yoga?







Laughter Yoga Meditation





Unique Features of Laughter Yoga

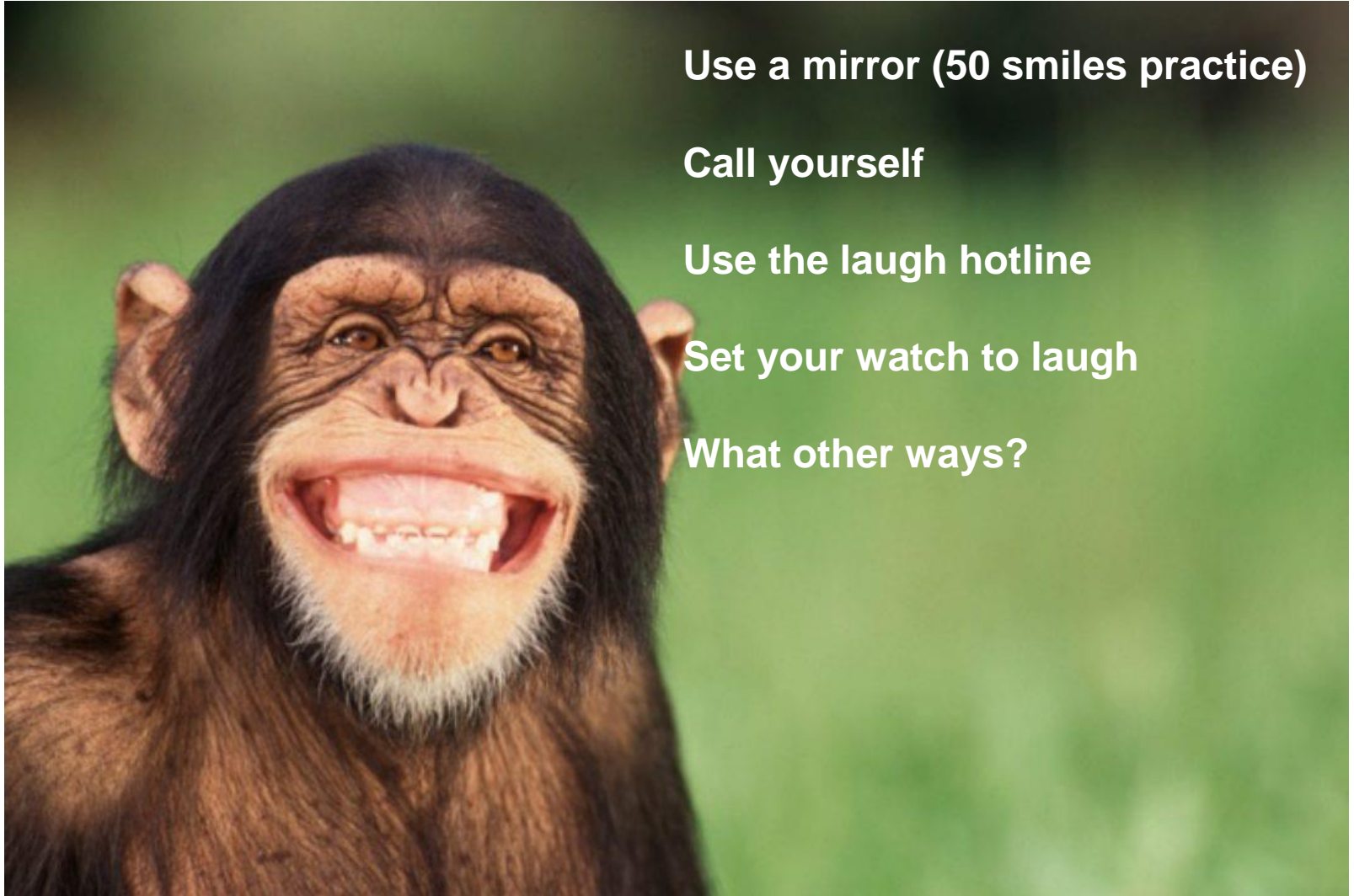
Unconditional laughter connects people from different cultures.

It cultivates a child-like playfulness and joy.

It promotes a strong union between those who laugh together resulting in family-like bonds.



Learn to Love to Laugh Alone



Use a mirror (50 smiles practice)

Call yourself

Use the laugh hotline

Set your watch to laugh

What other ways?

A close-up photograph of a young man with dark, wavy hair, laughing heartily. His mouth is wide open, showing his teeth, and his eyes are squeezed shut. He is wearing a light blue t-shirt. The background is plain white.

Laughter is
Contagious!

[Video](#)

A young child with curly hair, wearing a white t-shirt and blue jeans, is laughing heartily with arms outstretched in a grassy field. The background is a soft-focus green landscape.

**YOU DON'T STOP LAUGHING BECAUSE YOU GROW OLD.
YOU GROW OLD BECAUSE YOU STOP LAUGHING.**

Mindful Exercise

Joy comes to us
in ordinary
moments. We
risk missing out
when we get too
busy chasing down
the extraordinary.

Brené Brown

LETTERED BY KENSIE KATE

**You have
permission to
bring the joyful
inner child in
you!**





LAUGHTER

...is the best medicine.

Warning: This practice can be hazardous to your misery!



Laughter Yoga Session

- Breathing Exercises
- Warm Up- Ha-Hi-Ho/Count them
- Sound ball laughter
- Networking/Happy Hour
- Snacks
- Pocket Laugh
- Getting the Bill
- Don't Laugh Contest
- Oxygen Mask
- Library
- Electric Shock
- Snow Ball
- Shy Laughter
- Red Light- Green Light
- Roller Coaster
- Come up with your own laughter exercise
- Meditation



Thank You!