

# STRESS LESS WITH MINDFULNESS

## MINDFUL LAUGHTER

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# WELCOME BACK!

Which mindfulness skills are you using?

- ✓ Mindful Movement
- ✓ Mindful Breathing
- ✓ Mindfulness Bell
- ✓ Mindful Eating
- ✓ Thought Surfing
- ✓ Mindful Walking
- ✓ Being Kind to Your Mind

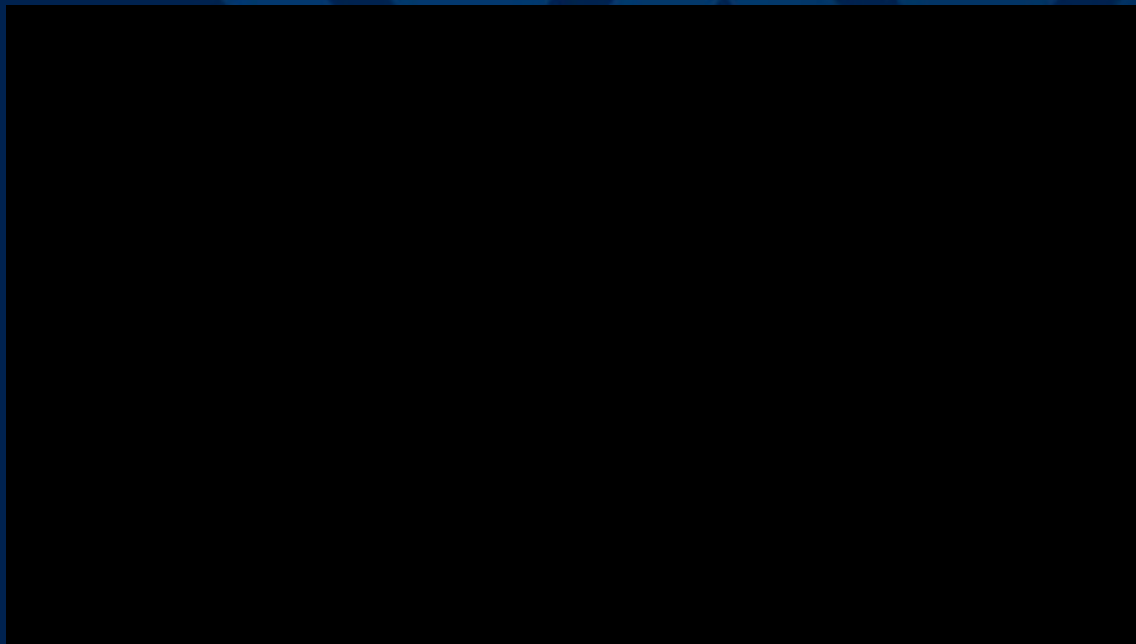
# MINDFULNESS IS...

- Paying attention
- On purpose
- In the present moment “Here and Now”
- With a nonjudgmental attitude



Jon Kabat-Zinn(1994). *Wherever You Go, There you Are.*

# Mindfulness



*Three Minute  
Breathing  
Space New  
Mind Life*  
[https://youtu.be/  
Ula0njZIOh4](https://youtu.be/Ula0njZIOh4)

# TODAY WE WILL . . .



- Experience benefits of laughing.
- Enjoy laughter.
- Review mindfulness skills.



# What makes you laugh . . .



Mindfulness



# How do you feel when you laugh?



# BABY LAUGHTER



<https://youtu.be/PBqx-8kdGDw>

**TEV: Baby Laughing  
(BONG.. BING!)**

# History of Therapeutic Use of Humor

1930's

1972

1998

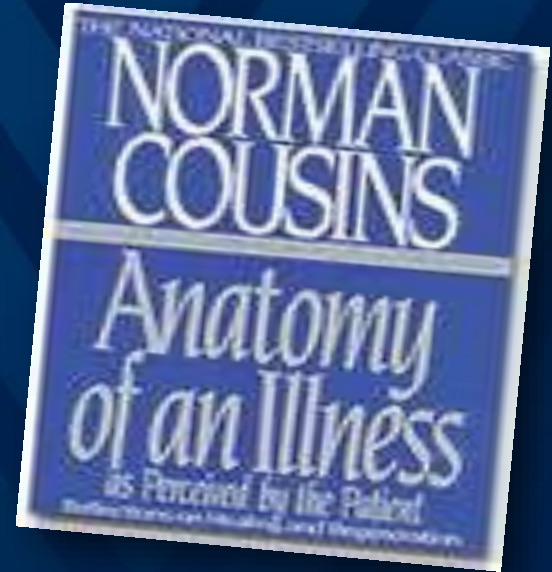


*Photo provided by Gesundheit! Institute © Copyright 2017*

# Real life pain relief...

Norman Cousins watched 'Candid Camera' and Marx Brothers films to heal himself.

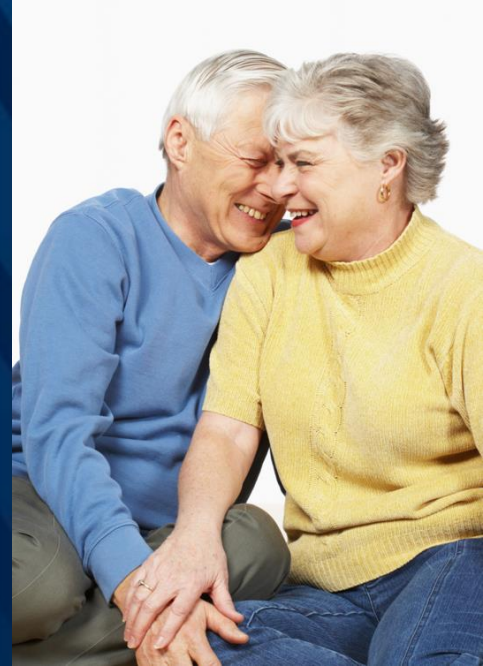
He claimed that 10 minutes of laughter could give him 2 hours of pain relief.





# PHYSICAL BENEFITS OF A GOOD LAUGH

- Relaxes tense muscles
- Helps regulate heart rate
- Lowers blood pressure & blood sugar
- Lowers serum cortisol levels
- May help relieve pain
- Burns calories



Mindfulness

# EMOTIONAL BENEFITS OF LAUGHTER

- Softens anger and resentment
- Combats stress
- Provides joy
- Eases anxiety
- Lifts depression
- Increases kindness to ourselves and others



Mindfulness

# SOCIAL BENEFITS OF LAUGHTER



- Connects us with others
- Is a universal language
- Breaks down barriers of culture and race
- Makes us closer
- Lowers natural stranger anxiety

Mindfulness



# LAUGHTER YOGA . . .

- Is not based on your mood
- Is a body-mind attitude to laughter
- Helps with harmony and balance
- Relieves stress
- Helps you be more productive
- Improves communication
- Increases teamwork



# LAUGHTER YOGA EXERCISE



Ida Abdalkhani: <https://youtu.be/-HJG63EXCmw>

## LAUGH MORE, STRESS LESS

- Watch a funny movie or a TV comedy
- Force a laugh once in a while.
- Practice laughter yoga.
- Take a humor break daily.

*“The human race has one really effective weapon, and that is laughter.”  
-Mark Twain*

Mindfulness

**LAUGH MORE, STRESS LESS**

Laugh like a child

Mindfulness





<https://youtu.be/RP4abiHdQpc>

## THREE SMALL STEPS . . .

- **Choose** to notice pleasantness in your life.
- **Shift** to gentle acceptance.
- **Practice** daily laughing to release stress.



Mindfulness

# MINDFULNESS...

*“Joy is being willing  
for things to be as  
they are.”*

Charlotte Joko Beck, Ph.D.



## Mindfulness



# Mindfulness...

- Makes more room for negative or intense feelings, thoughts, urges, or sensations.
- Allows thoughts and emotions to move like waves, ebbing and flowing.
- Can create a healthier perspective.

Mindfulness

# Your Mindful Plan

- What is your mindfulness practice plan?
- How can you include laughter in the moments of your life?
- What practice have you found most helpful?
- Can you make a promise to yourself to practice?

Mindfulness

# FOR MORE INFORMATION GO TO: **EXTENSION.WVU.EDU**

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