

The Business Benefits of Laughter as Therapy

30 October 2015



Introduction

Laughter as Therapy is the Latest Scientific Phenomena, restoring Balance within each Individual

Laughter is initiated as a way to improve personal health, increase well-being and mindfulness and promote organisational transformation.



Laughter Session Outline

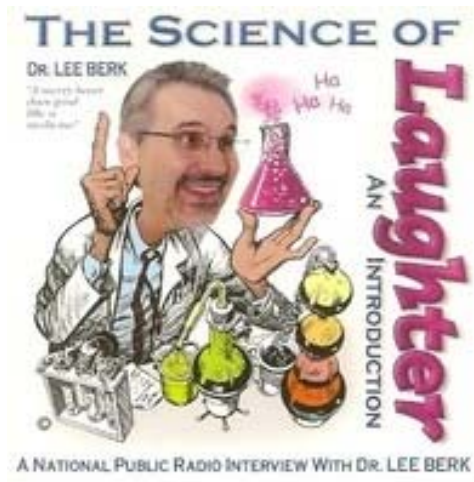
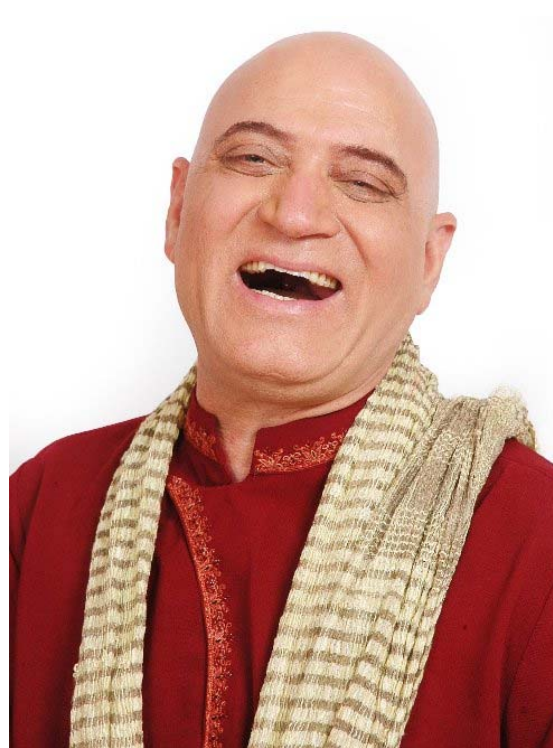
Duration of a **Laughter Therapy Session** is usually 1 - 1 ½ hours and consist of the following:

- *Introduction to Humour and Laughter as Therapy.*
- *Why Laughter as Therapy?*
- *Overall Benefits and Cautions.*
- *Laughter Exercises/Session.*
- *Laughter Meditation and Relaxation.*
- *Questions & Answers and Feedback.*



Laughter is a Force for Democracy!

Laughter Pioneers



Laughter Club: 1995



Laughter Concept

- Based on a scientific fact: *the body does not know the difference between fake and real laughter.*
- The laughter involves *no humor, comedy or jokes.*
- Anyone can laugh – *for no reason at all.*
- Laughter is initiated through a combination of *laughter exercises* and simple *breathing practices.*
- Practiced together in a *group*, laughter becomes infectious and real and *genuine laughter follows.*



Laughter Benefits



Laughter Benefits

- Improves *respiratory system* – better breathing, more oxygen, improved health.
- Blood flow to the *brain* increases – improved mental capability.
- Improve *concentration* and creativity.
- Improves eye contact and *self-confidence*.
- Strengthens the *immune system* for overall health.
- Very good *stress relief* on all levels.
- Mentally it releases *negative thought patterns*.
- Helps with *anxiety and depression*.
- Overall improves *work and family* related aspects.
- Laughter helps *work-life balance*, improves inter-personal relationships and enhances *communication*.



Laughter Cautions



Laughter Applications

- Corporate Environment.
- Health Care Professionals.
- Life Coaches and Alternative Therapists.
- Community Preventative Care.
- People with HIV/Aids.
- Support Groups e.g. *Arthritis & Depression*.
- Schools.
- Hospitals e.g. Oncology Unit.
- Frail-Care Centers.
- Prisons.
- *Everybody needs to Laugh more...*



Corporate Benefits



Corporate Benefits

- **Mental and Physical Stress Reduced:** Increase immune system – enhances good sleep – anti depression.
- **Increased Energy Levels & Productivity:** Increases oxygen supply to the body- brain cells optimal functioning.
- **Enhanced Emotional Intelligence:** - feel happier, sense of wellbeing, connectedness, and more confidence.
- **Improved Communication & Teamwork:** breaks down barriers – enhances potential – reduces conflict – brings out the best in people.
- **Enhanced Innovation and Peak Performance:** foster creativity and innovation by creating a conducive environment for creative expression.
- **Visible results:** Happier and Healthier workforce.
- **Enhanced Success** for your business.



Research: The Effectiveness of a Laughter Therapy Program on Emotional Intelligence (EQ)

What Is Emotional Intelligence?

Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others.

It include 3 skills:

1. *Emotional awareness*, including the ability to identify your own emotions and those of others.
2. The ability to *harness emotions* and apply them to tasks like thinking and problems solving.
3. The ability to *manage emotions*, including the ability to regulate your own emotions, and the ability to cheer up or calm down another person.



Laughter Therapy Program

SMILE is the acronym of the following aspects which make up the *Laughter Therapy Program*:

- S** – Stress Management Techniques.
- M** – Mindfulness Practices.
- I** – Imagination & Imagery.
- L** – Laughter & Lifestyle.
- E** – Exercise & Energy.

This Program is offered in 1 Day and include Assessments & Evaluations



Research Results

Laughter Quotient and EQ: Percentage Improvement

The total of the different *Laughter Quotient* variables grouped into the 5 *EQ Scales*, are represented in percentages as follows:

- * **Intrapersonal:** 45.4% increase
- * **Interpersonal:** 24.0 %increase
- * **Stress Management:** 53.3% increase
- * **Adaptability:** 16.1% increase
- * **General Mood:** 35.8% increase



Total EQ Score: 34.92% increase

“The Application of a Regular Laughter Therapy Program Improves Emotional Intelligence”

The Proof is in the Pudding!

Let's Start Laughing...



Laughter is Medicine for the Soul!



Martin Combrinck

Laughter Therapist and Trainer

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