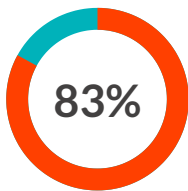
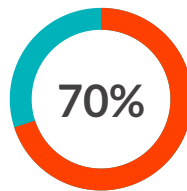


LAUGHTER @ WORK

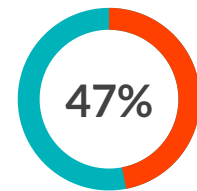
In today's world, employees are...



STRESSED OUT



DISENGAGED



STRUGGLING
TO BE HAPPY

Source: Humor that Works, Andrew Tarvin.



CAUSING THE U.S. ECONOMY
to lose nearly \$1 trillion per year

\$500B

LOST PRODUCTIVITY

\$300B

HEALTH CARE

\$11B

EMPLOYEE TURNOVER

IF NEARLY 34% OF WAKING ADULT LIFE

is spent at work, shouldn't employees enjoy their work and environment? Just think about what would happen if appropriate Humor, Laughter and Fun were incorporated into the workday!

Source: Humor That Works, Andrew Tarvin



THE BENEFITS OF LAUGHTER @ WORK

- Increased productivity: employees who have a good time together are more productive.
- Recruit talent: the best employees want to thrive in a "jovial humorous" environment.
- Improved communication: nothing bonds employees more than laughing at the same thing.

Source: Brian Volk-Weiss, CEO of Comedy Dynamics

LAUGHTER & HEALTH

Laughter improves your physical & mental health



PHYSICAL HEALTH

When you laugh...

- You breathe more oxygen-rich air, which stimulates your lungs, heart, & muscles.
- Your muscles relax for up to 45 minutes.
- Your heart rate and the amount of oxygen in your blood increase, decreasing the risk of a heart attack.
- Your stomach muscles expand and contract while the muscles not used to laugh get to relax. Getting a toned tummy is now more enjoyable!
- Your specialized immune system t-cells get a boost, making it easier to fight illnesses.



MENTAL HEALTH

When you laugh...

- Cortisol, the primary stress hormone that circulates throughout the body, decreases.
- Your brain produces more endorphins, the "feel-good" chemicals, improving your mood.
- You're taking a break from stress. Laughter provides your brain with a break from worrying thoughts.
- You enjoy improved relationships by feeling an increased sense of connection with others or healing from past disagreements or resentments.



WAYS TO ADD LAUGHTER TO YOUR LIFE

- Follow a funny meme account so you smile every time you hop on social media
- Pets are a source of laughter and joy for many people. Spend time with them! If you don't have one, consider asking a friend if you can pet sit or volunteer at an animal shelter.
- Try a laughter session for a new take on encouraging prolonged, voluntary laughter.



LAUGHTER IN SCHOOLS: AN ADDED BENEFIT

- Flushes out stale air and helps young people to better concentrate.
- Eases the intense academic pressure young people face.
- Helps young people from diverse backgrounds and difficult home situations improve their sense of cooperation and empathy.
- Offers unique exercise that can be practiced indoors and outdoors.

10 SCIENTIFIC WAYS TO BE HAPPY

1. Go outside - experience nature
2. Connect with family & friends
3. Plan a vacation, even if you don't take it
4. Meditate - rewire your brain
5. Practice smiling
6. Sleep more
7. Practice gratitude
8. Help others (up to 2 hours a week)
9. Exercise (at least 7-10 minutes a day)
10. Move closer to work - if your commute is too long

