

SUPER TROOPERS

with



The importance of Laughter

When we see someone laugh or smile, it means they are happy. Super Troopers with Laya Healthcare knows that laughter can have a positive effect on your mind and body.

Laughter can help to:

- relax your muscles
- create chemicals that improve your immune system
- decrease feelings of stress and anxiety
- increase your blood flow, which helps to maintain a healthy heart
- create feelings of overall wellbeing

Even after a long day in school, it is important to take some time for a smile, or laugh with your family. There are many great ways to have some fun with your family:

- telling jokes to one another
- telling funny stories - and don't worry about being silly!
- sharing nice thoughts that make us feel happy

Whether you laugh naturally, or whether you decide to laugh for no reason, laughing creates a positive effect on your body. Laughing yoga is an activity based on voluntary laughing (laughing without any reason) while breathing slowly and deeply. Follow these simple steps below to try laughing yoga with your whole family:

- Gather in a circle, standing or sitting depending on how you feel most comfortable.
- Start bumblebee breathing by closing your eyes and breathing in through your nose and out through your mouth, making an 'mmm' sound with your lips together. Make sure your face and lips are soft and relaxed so that you can feel the vibration.
- Continue this breathing, leading your family through a few long inhale and exhales.
- Then begin to laugh, looking at one another and keep laughing while trying to continue your breathing.
- Once you start laughing, you feel so good that it can be hard to stop!

