“I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person.”
-Audrey Hepburn-

**Laughter**

- Reduces Anxiety
- Reduces Stress
- Reduces Tension
- Restores hope and energy
- Increases production of *endorphins*
- Lowers the level of *cortisol* in your body

**Laughter Yoga**

- Began in 1995 by Dr. Madan Kataria and (5) individuals
- Began in a public park in Mumbai, India
- Laughter Yoga combines Unconditional Laughter with Yogic Breathing
- You laugh for *NO* reason

**Warning Signs of STRESS:**

- Every day is a bad day
- You're exhausted *all* the time
- You feel as though nothing you do makes a difference; is a waste of time
- STRESS can lead to:
  - Detachment and *depression*
  - Loss of motivation, ideas, and joy
  - Decrease in laughter

**Burnout**

- Burnout is a state of emotional, physical and spiritual exhaustion from prolonged stress.
- You are at significant risk of burnout when:
  - Prolonged stress occurs
- Warning signs of burnout:
  - Anxiety
  - Depression
  - Feeling overburdened
  - Difficulty sleeping


**INCORPORATE LAUGHTER into SELF-CARE**

Self care refers to actions and attitudes which contribute to the maintenance of well-being and *personal health* and promote human development. (Source: Wikipedia, Online. 2013).
REMEMBER….. Your Sense of Humor – It’s Key!

• Deal with your stress
• Laugh at yourself
• Maintain a positive attitude
• Smile
• Spend time with fun, playful people
• When you hear laughter, move towards it

Sources:

Contact Information:
NaKaisha Tolbert-Banks, LCSW, LCAC, CLYL, CEC, ELI-MP

777 Beachway Drive, Suite 100
Indianapolis, IN 46224

Phone: 765-748-4096
E-mail: ntblactor@gmail.com
Website: www.duoigles.webly.net