

## What it involves

### Participatory events and talks.

Laughter activities encourage a sense of joyfulness and fun, and can be directed towards building confidence, communications and problem solving, making choices, managing change, working together, and finding new ways to deal with different situations!

Sessions are based on games and discussions each chosen from a kit bag of options to give the right balance for any event.

Laughter naturally bubbles up, boosting our immune system, respiration and circulation, decreasing stress hormones, and releasing endorphins and antidepressants. We laugh *with* each other, leaving a sense of wellbeing and relaxation and community.

When we understand why we laugh, and understand what other people's laughter means, we can use this knowledge to make a difference.

### Laughter brings people together!



## Laughter together

"It was really brilliant."

Cathy Thompson (Wirral Hospital NHS Trust)

"Massive impact on mental health"

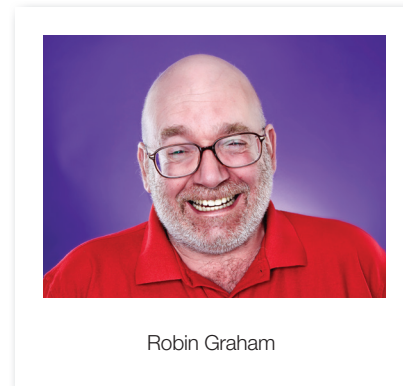
Tracey McNamara (Sure Start)

"I expected fun, and stress relief. I had both!"

Pete Coleman (HBOS)

"Thank you for opening my eyes after 30 years in general practice."

Dr Philip Dawson



Robin Graham

Robin Graham is founder and director of Feelgood Communities. He gained a physics degree from Imperial College, spent eight years in Marketing and Consultancy for IBM, then co-founded the Laughter Network and set up the world's first festival dedicated to joyful laughter. He's an international laughter ambassador.



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## Laughter for life

# LAUGHTER

FOR HAPPINESS, MANAGING STRESS,  
HEALTH AND BUILDING COMMUNITIES!



Laughter helps us to be more effective,  
more creative, more productive,  
and better communicators.



# Laughter in the community

## Community **Laughter** Ambassadors

With community groups, schools and organisations, we are building a network of **laughter** ambassadors to share and spread **laughter**, bringing people together, building bridges, and providing opportunities to improve health and happiness. We are training volunteers to run **laughter** icebreakers. Join us!

## UK National **Laughter** Festival and Championships

We run the World's first festival devoted to the art and science of laughing itself, with opportunities for everyone to support and participate! [www.uklaugh.org](http://www.uklaugh.org). Join us! We can also run your own Laughter Championships!



# Laughter for business

Supportive humour and **laughter** should be part of the culture of every business, bringing benefits through lowering stress and creating greater happiness and well-being.

### We offer:

- Presentations and talks
- Workshops and training
- Ice breakers
- Special events

### We provide opportunities for people to explore:

- Alternative ways to deal with stress
- How to manage change
- Motivation, communication & team building
- Laughter** for better health and happiness
- Humour and **laughter** in the workplace
- The meaning of **laughter**

Practical sessions are for groups of all sizes, individually designed, and lasting from less than an hour up to a full day.



# Laughter, health & happiness

75% of today's illnesses are stress related.

**Laughter** tackles stress. Why not have a go?



## **Laughter** Yoga & **Laughter** Workout

**Laughter** Yoga is based on the concept of laughing just because it's good for us! We don't tell jokes, we just do gentle exercises with a sense of playfulness, and this soon leads to real **laughter**!



## Training Courses

Learn more about **laughter** and how to lead your own sessions:

- Laughter** Yoga Leader Training
- Laughter** Facilitation Training
- Understanding and Exploring **Laughter**.



## **Laughter** on Prescription

Running over several sessions, this reinforces the benefits of laughing together, and provides a space to bring changes to our lives.

