**LAUGHTER STRESS BUSTERS**

1. **SAVOR…**………………. Your Joys
	1. Singing
	2. Dancing
	3. Playing
	4. Laughing
	5. Gratitude
2. If something happens that you think you will laugh about in the future,

go ahead and **LAUGH TODAY!**

1. Find a ***Laughter Buddy*** – someone who makes you laugh and who likes to laugh.
2. **Laugh 5 -10 minutes each day**:
	1. In the car on the way to work
	2. In the shower
	3. Silent laughter in the office
	4. Laughter meditation
	5. Sitting in your chair
3. Attend a **Laughter Club** session.
4. Watch **comedies** that make you laugh out loud.
5. Laugh along with **Laughter Yoga videos** on *YouTube*.

**LAUGHTER YOGA REFERENCES**

1. Angie Robinson’s website: **In the Pink Laughter Yoga & Wellness**: [www.inthepinklaughteryoga.com](http://www.inthepinklaughteryoga.com) and Facebook page: [www.facebook.com/Inthepinklaughteryoga](http://www.facebook.com/Inthepinklaughteryoga)

1. “*Laughter Yoga Rivest”:* YouTube Channel. Laughter Yoga videos for full and short sessions by Robert Rivest.
2. *“Daily Laughers”*: [YouTube](https://www.youtube.com/channel/UCUJYPFuXJUpTe55Yvq4wxug) Channel by Dave Berman. Daily laughter exercises with guests from around the world.
3. Laughter On Line University: [www.laughteronlineuniversity.com/loutv/](http://www.laughteronlineuniversity.com/loutv/)
4. Laughter Yoga America: [www.laughteryogaamerica.com](http://www.laughteryogaamerica.com)
5. Laughter Yoga International: [www.laughteryoga.org](http://www.laughteryoga.org) (Original Laughter Yoga website)
6. YouTube: search laughter yoga to find hundreds of Laughter Yoga sessions and exercises.

**LAUGHTER BY TELEPHONE:**

**Laughter by Phone** on Mondays through Fridays on each hour for 15-20 minutes.

1**-712-432-3900**, Enter Code: **6071292#**

