

## **4. LAUGHTER WHEN AWAY FROM YOUR GROUP**

As we develop this toolkit further, we will grow this section. You might like to try the following:

### **Laughing for no reason:**

- Consider laughter as an exercise, and choose a short period of time to just laugh.
- You might go for one single “ha ha ha ha ha”, for example as your feet touch the floor as you get out of bed.
- You might have a chuckle when you're washing in the shower or walking to your bus or car (but don't do laughter exercises while driving).
- Look around for joyful things and appreciate them with a smile or a laugh.

### **Time alone but with others:**

- There are online Skype laughter clubs and everyone is welcome to join.
- There are also telephone laughter clubs.

### **Create your own Resource Kit:**

- Listen to / watch funny films, television and radio programmes, DVDs and CDs. Everyone's taste is unique so pick things that make you smile and laugh.
- Be with people whose company makes you feel good and go to places that make you feel happy.
- Enjoy meditations and relaxation exercises on your own. Some of these are based on laughter and smiles. There are lots online.
- Have around you some things that remind you of laughter and smiling. I have some photographs, toys and other objects that have associations that are positive for me.



*World Laughter Master Belachew Glirma, Ethiopian laughter therapist, holds the record for continuous laughter – 3 hours and 35 minutes.*