MHST

Mental Health in Schools Team
Tips For Wellness

Laughter

"Laughter is the shortest distance between two people" – Victor Borge

Laughter is like a natural boost for your brain and body—it helps you feel happier, less stressed, and more relaxed. When you laugh, your body releases chemicals that make you feel good and even help you connect with friends. Laughter also helps to boost your immune system, helps you think more clearly and be more creative too. So, having fun and sharing a laugh is a great way to take care of your mental wellbeing!

Our tips for laughter:

1. **Keep note of your favourite memories —** write down some of your favourite memories that have made you laugh the most and keep them in a jar. You can then pull one out and read them in the future. It can feel difficult to start laughing if you are feeling low, but a good place to begin is to remember what has made you laugh in the past.

2. **Spend time with friends who make you laugh** — hanging out with funny, positive people lifts your mood.

3. **Watch or listen to funny shows, cartoons, or jokes** — find things that make you smile or giggle.

4. **Don't be afraid to be silly** — make funny faces, play games, or be playful to invite laughter.

5. **Share jokes** or funny stories with family or friends to spread the laughter around.

6. **Look for humour in everyday situations** — try to find something to smile about, even on tough days.

Laughter is contagious…by laughing more, you will not only boost your own wellbeing but also the wellbeing of those around you!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.