MHST

Mental Health in Schools Team

Tips For Wellness

Laughter

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

Laughter is often described as a 'natural medicine' and can help us connect with other people, interests, and memories. Laughing can benefit our well-being by building and strengthening social connections and releasing stress. It can also have short-term benefits, such as improving sleep, memory and stress. Laughter can also support us in the long term by improving our immune system, relieving pain, and improving our self-esteem.

Can you remember the last time you laughed? Have a go at one or more of the tips below for this week.

Our tips for laughter:

1. Find a video, picture or film that never fails to make you laugh. Why not share this with a friend or family member so you can laugh together?

2. Can you think of a memory that made you laugh? This funny memory might have been with a friend, pet, or family member. Remind this person of the memory and see if this makes you both laugh again!

3. It can be difficult to know where to start, so try preparing to laugh. Create a collection of funny movies, TV shows, funny photos and videos for when you need a humour boost.

4. Try laughing yoga! To do this, take a deep breath in and then as you breathe out start laughing. The first few breaths and laughs might feel forced but the more times you do it, the more genuine your laughing can become. This can help to induce all the positive benefits which laughter gives us.