

# FUN FACTS ABOUT LAUGHTER AND HAPPINESS



#1

Laughter increases feelings of well-being.

The average preschooler laughs or smiles 400 times a day. The number drops to only 15 times a day by the time people reach age 35.

Happy people have stronger social support and richer social interactions.

Laughter decreases skin-related allergic reactions.

**MORE ENERGY, ACTIVITY & FLOW!! MORE FUN!**

*Humour and laughter increases pain intolerance.*

Dr. David Abramis at California State University has studied fun at work for years. He's discovered that people who have fun on the job are more creative, more productive, better decision-makers, and get along better with co-workers. They also have fewer absentee, late, and sick days than people who aren't having fun.

Your overall energy is uplifted if you are focused on being satisfied with your past, happy in the present moment and have hope for a positive future.

Happy people are more creative, productive and have higher quality work.

Laughter reduces the effect of bronchial asthma.

Having a sense of humor is associated with lower perceptions of stress and higher levels of optimism, hope, and happiness.

*Laughter relieves tension between people and builds relationships.*

IT is possible to have fun and still be competent and productive at work.

Laughter is FUN & FREE!

Laughter releases endorphins (feel good chemicals in the brain).

You can always generate a positive outlook by choosing to laugh (for no reason).

AND PERSPECTIVES.  
OPEN TO NEW OPPORTUNITIES

*A positive mindset = increased motivation and greater clarity.*

Happy people have a bolstered immune system.

With a positive mindset you are open to possibilities and don't get knocked down.

A good belly laugh 20 minutes each day keeps the doctor away.

**A happy person is motivated and engaged at work.**

The physical act of laughter is comparable to mild aerobic exercise and can improve mood in the same way that exercise does.

Laughter can prevent worsening of diabetic physical symptoms and lesson anxiety and depression associated with diabetic complications.

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When you're happy you have more energy for your family.

