

# TODAY'S LAUGHTER WELLNESS MENU

## WHAT • SKILLS, NOT PILLS

Laughter Wellness is a complete and fast-acting well-being program designed to shift energies up while promoting multiple aspects of health in body, mind and spirit.

## HOW • SOLUTION-FOCUSED

How it works is a simple and safe 5-step process designed to scaffold people's laughter circuitry and experience of presence in a fun and fluid way. All can safely practice and benefit. You do not need any particular clothing or equipment.

## WHY • THRIVE!

Laughter is an untapped science. Rather than ask "why should I laugh", ponder "what do I have to lose if I do?" Are you ready to shift your energies up?



<p><b>1</b> Tell 1-5 minutes </p> <p>Welcome! About me What you can expect today...</p>	<p><b>2</b> Show 2-3 minutes </p> <p>1x Rallying call 1x Breath 1x Positive reinforcement 1x Intentional laughter</p>	<p><b>3</b></p> <p><b>A. Integration Mvts</b> Clapping, rhythmic activities, brain gym...</p> <p><b>B. Breathing</b> Stretching, relaxation, empowerment</p> <p><b>C. Positive Reinforcements</b> Short and simple actions and behaviors that feel good</p> <p><b>D. Expressions Of Mirth</b> Intentional laughter, songs, dances, games...</p>	<p><b>4</b> Integrate 5-15 minutes  30 seconds relaxation Free laughter (3 options) Mindfulness/Meditation Manifesting techniques</p>	<p><b>5</b> Wrap Up 2-10 minutes  Healing energies Yes! Happy news radio Sharing</p>			
					<p><b>ROUND 1</b></p> <p> Tell Show Ready/Go!</p>	<p><b>ROUND 1</b></p> <p> Tell Show Ready/Go!</p>	<p><b>ROUND 1</b></p> <p> Tell Show Ready/Go!</p>
					<p><b>ROUND 2</b></p>	<p><b>ROUND 2</b></p>	<p><b>ROUND 2</b></p>
					<p><b>ROUND 3</b></p>	<p><b>ROUND 3</b></p>	<p><b>ROUND 3</b></p>
					<p><b>ROUND 4</b></p>	<p><b>ROUND 4</b></p>	<p><b>ROUND 4</b></p>
					<p><b>ROUND 5</b></p>	<p><b>ROUND 5</b></p>	<p><b>ROUND 5</b></p>
					<p><b>ROUND 6</b></p>	<p><b>ROUND 6</b></p>	<p><b>ROUND 6</b></p>
					<p><b>ROUND 7</b></p>	<p><b>ROUND 7</b></p>	<p><b>ROUND 7</b></p>
<p><b>ROUND 8</b></p>	<p><b>ROUND 8</b></p>	<p><b>ROUND 8</b></p>	<p><b>ROUND 8</b></p>				

Step 3 done?  
Transition to seated

Download this form at <http://lou.pm/template>

Get the eBook "505 Best Of Laughter Exercises" at <http://lou.pm/505>

# Laughter Wellness 5-Step Protocol

## 1. TELL

This is where you talk. Keep all seated while you create the context. Keep it short.

A. Why are we here? Describe the threat.

B. Illustrates the benefits you offer by telling your laughter story, then tying it to scientific findings.

C. Challenging audience? Do an icebreaker, or make them talk: (1) What do you think about laughter? (2) Can laughter be medicine and if so how valuable would that be to you? (3) How can we sustainably use laughter as a reliable form of complementary medicine?

D. Initial Assessment: How do you feel right here and now on a scale of -5 (worst) to +5 (best)?

## 2. SHOW

Create the team and set the pace. Be clear and to the point. You want all doing the same thing at the same time.

A. Explain how it's going to work: 4 categories of exercises to change how we think and feel by changing what we do.

+ Give an example for each and practice it all together.

- Challenging audience? Use metaphors and ask for audience participation.

- No luck? Offer a safe way out to those who are not interested.

B. Mention 3 key reminders: Enjoy (no new pain), Engage (follow along, no talking), Connect head/heart/guts (be here, now. Make lots of eye contact and see the best in others.)

Tip: If all are standing, invite them to move 1 step to the left/right with each new exercise and key reminder to keep things moving.

## 3. DO

Minimize the talking, yours included. Look for the edge of people's comfort zone. Make this as interactive as possible.

Make this about 50% of your class. 1 round lasts about 5-6 minutes and includes 1 coordination exercise, 1 breathing, 1 positive reinforcement, and 1 invitation to play.

Tip 1: Always go from less to more. Start with safe exercises (5-10 minutes) before you move on to playful ones (another 5-10 minutes) before you do anything to do with vulnerability and/or inhibitions, e.g., out of context exercises.

Tip 2: Want to offer longer programs? Introduce dancing, singing, games and/or creative activities after 4-5 rounds. Expect your participants to want to go the bathroom after about 90 minutes.

## 4. INTEGRATE

This is a radical transition from dynamic & interactive activities to static ones with an inner-focus. Works best with eyes closed.

A. Transition to seated and invite all to close their eyes and be quiet, feeling whatever it is they are feeling, for about 30 seconds.

B. Laughter meditation (a.k.a. seated laughter/floor laughter exercise). You can do this first seated and then laying on the floor, or only one of those 2 options. Tip: Wait for a full 30 seconds of silence after the laughter ends before moving on.

C. Relaxation and/or guided visualization. Tip: Why not use music?

## 5. WRAP UP

This is where you get back into head space and invite people to share.

Here is a possible wrap-up routine (10-15 minutes):

A. Friction hands + healing cream exercise

B. Group Yes! exercise

C. Any spoken activity you like, e.g., happy news radio, what would you like to hear, my top 10 strengths, etc.

D. Final assessment: How do you feel now on our scale of -5 (worst) to +5 (best)?

E. Final debrief: What, so what, now what? E.g., How do you feel? What did you like most? Would you come back? Would you bring friends along with you? How will you convince them to come...? Let people talk. Do not interrupt unless you believe they are going off-track. Tip: For one word answers ask "And what does that mean to you?"

F. To end: Invite all to stand up, then appreciate who they want, how they want, if they want.