



KLAIPĖDOS  
VALSTYBINĖ  
KOLEGIJA



# Laughter Therapy As a Stress-relief Method



Medical psychologist: Ina Valeckienė

2018 04 26, Klaipėda  
KVK

## *Aim:*

To get acquainted with laughter therapy theoretically and practically!



# Definition of laughter therapy:

- A type of therapy that uses humor to help relieve pain and stress and improve a person's sense of well-being.



# Pioneers of Laughter Therapy and Research:

- **Norman Cousins** (1915-1990): wrote “Anatomy of an Illness” about his personal journey of healing and pain relief using humor and alternative therapy for severe ankylosing spondylitis.



# Pioneers of Laughter Therapy and Research:

- **Dr. Lee Berk:** suggested that humor and laughter can change one's physiology. His studies have confirmed that happiness is good for you.
- <https://www.youtube.com/watch?v=xO8Cz-9qKTI>



# Pioneers of Laughter Therapy and Research:

- **Dr. Madan Kataria**: family physician from India who stated the first laughter club in 1995 using laughter exercises rather than humor. His work has led to thousands of laughter clubs around the world .
- <https://www.youtube.com/watch?v=Fq4kTZuLops>



# Laughter therapy may include:

- laughter exercises,
- clowns,
- comedy movies,
- books,
- games and puzzles.
- It is a type of complementary therapy. Also called humor therapy.



# Laughter on a train!

- [https://www.youtube.com/watch?v=pER3fa\\_mTo8](https://www.youtube.com/watch?v=pER3fa_mTo8)





It may be used to help people cope with **a serious diseases**, such as:

- Cancer,
- Diabetic,
- Heart.

# Just some of the functions of laughter therapy includes its ability to:

- Boost the immune system and circulatory system,

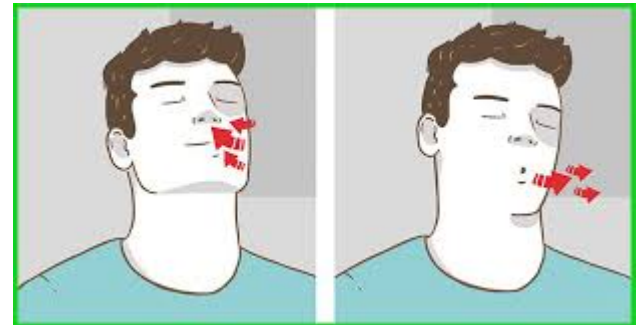


# Just some of the functions of laughter therapy includes its ability to:

- Boost the **immune system** and circulatory system,



- Enhance oxygen intake,



# Just some of the functions of laughter therapy includes its ability to:

- Stimulate the **heart** and



- Stimulate **the lungs**,



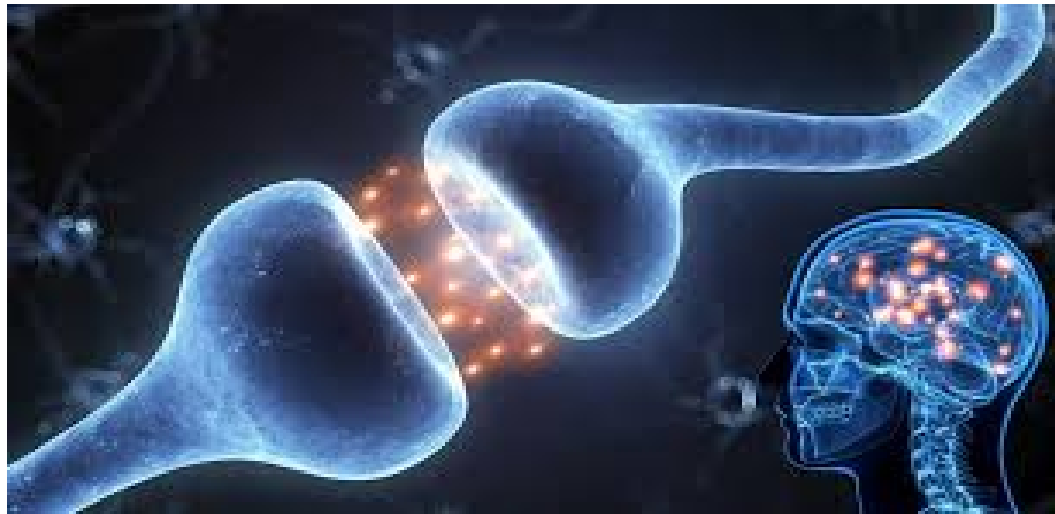
# Just some of the functions of laughter therapy includes its ability to:

- Relax muscles throughout the body,



Just some of the functions of  
laughter therapy includes its ability  
to:

- Trigger the release of **endorphins** (the body's natural painkillers),



# Just some of the functions of laughter therapy includes its ability to:

- Ease digestion/soothe stomach aches,
- Relieve pain,



# Just some of the functions of laughter therapy includes its ability to:

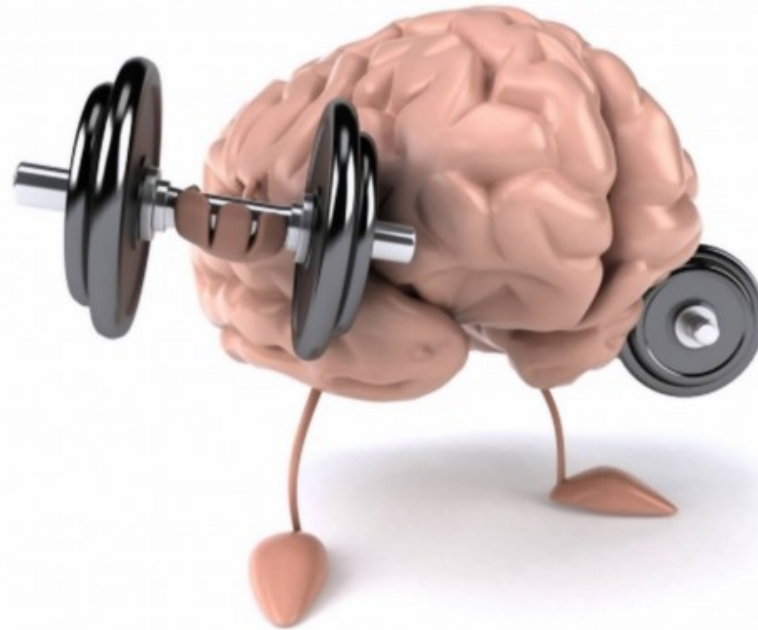
- Balance blood pressure





Just some of the functions of  
laughter therapy includes its ability  
to:

- Improve mental functions (i.e., alertness, memory, creativity).



We can do nothing **or** try to overcome health problems!



Funny part... 😊

# PRAKTICAL WORK!



Laughter yoga include 3 steps:

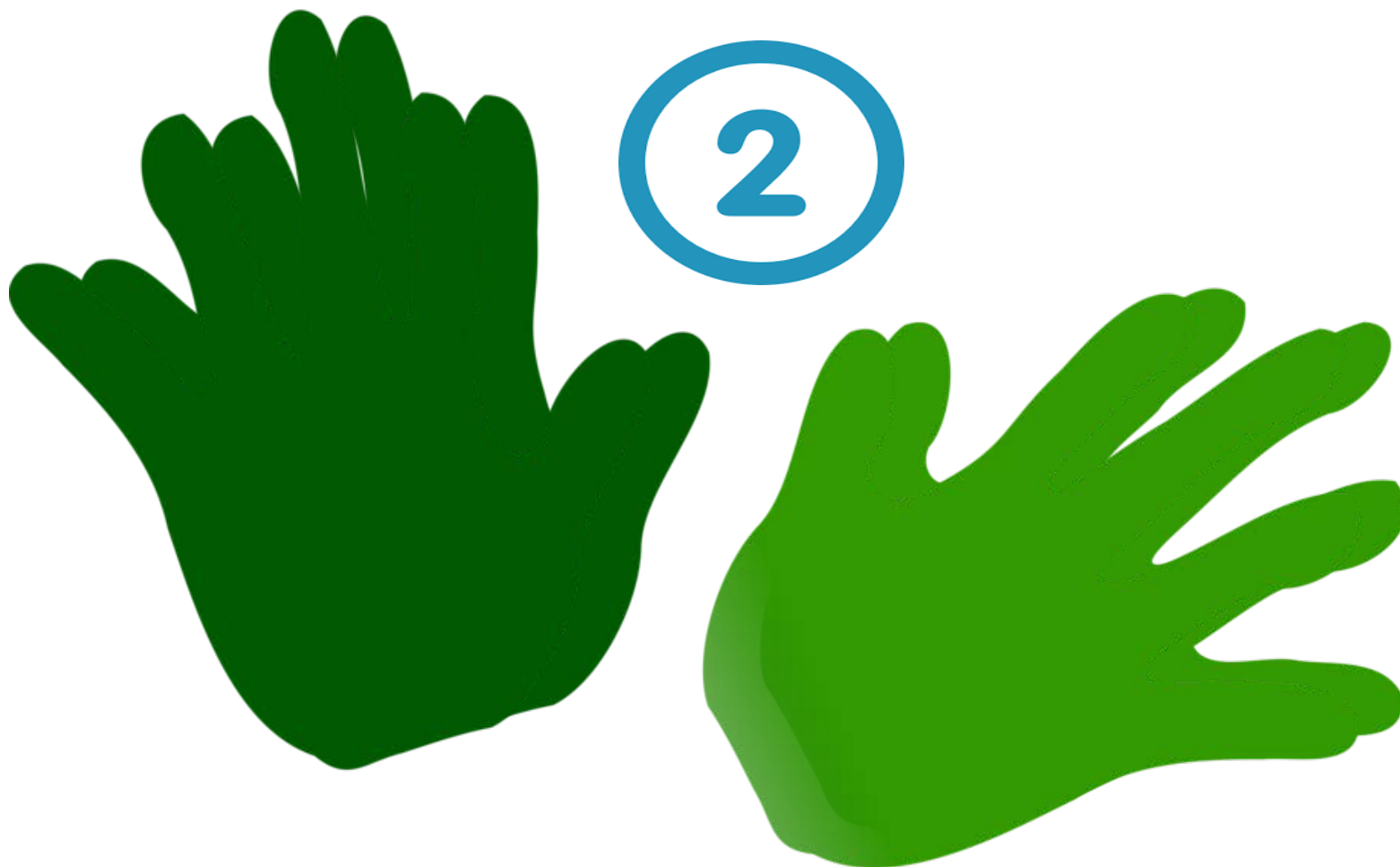
1

**Breathing:**

Deep inspiration and deep breath!

# Clapping hands

(Very well, Very well ... VALIO!)



3

# Laughter therapy exercise!





“Cha” → “Cha”



I'll tell you "cha" and you will  
answer me "**cha cha cha**".  
(Cho, chi...).

# MAGIC CARDS:

“Cha”, “Che”, “Chi”...



- Pull out magic card.  
I will be a choir conductor. I have a conducting stick. When I show you, you will have to say 3 times the sound you have.



# Anger between partners!



# Drink!

Imagine having a glass of water in your hand.



1. Imagine having a glass of water in your hand.
2. Take one glass of water and transfer it to another glass with a sound “Éée...”,
3. Then drink the water with the sound “Cha, cha cha...”!

# Dance of Ducks

(1 cha cha... 2 chi chi... 3 cho cho cho... 4 che)



# The funniest dream!

Close your eyes and... Let's dream of the funniest dream in your life.  
Spread sounds: Cha, che or chi. That we could to understand, that your  
dream is the funniest!



# Balloon blow

(We hit the ball with syllable "cha" until it explodes)



# Laugh at different ages

Imagine  
that you  
are 6  
months  
old

Imagine  
being 6  
years old



Imagine  
being  
100 years  
old



# Morning shower!

**Stand up in the shower. And imagine...  
water droplets falling on you...  
that make you laugh too much.**

Sometimes the water  
is cold. I will say  
**WHEN!**



**Thank you for your attention!**

