

Sarah's Monday Morning Laughter Call offers participants a wonderful way to ease into the week, with shared, purposeful, playful laughter.



It's simple to participate:

- At **9am Central Time**, simply call into the conference call line and be prepared to leave your inhibitions at the door as you let go with some serious belly laughs! (You can mute yourself if you are feeling really self-conscious – you'll still be able to hear everyone else.) The call lasts just 15 minutes, and you can call in from anywhere, alone or even with co-workers. Please be aware of background noise if you're on speaker, as it can be distracting.

Call: 218-339-2460

Code: 52844# (LAUGH#)

- If you are calling for the first time, Sarah will ask you to stay after the call for a few minutes so she can chat with you and learn how you found the call and what inspired you to join.
 - Don't worry; if you want to remain anonymous, she respects that. You don't have to provide any information if you don't want to.
- When you call in, you can expect to hear a pre-recorded message letting you know that you've reached Sarah's laughter call and confirming the time, so you know you're calling when the call is actually scheduled. You'll then be asked to provide the code listed above.
(you can skip the message and go right to the call if you like)
- Once you are connected to the call, Sarah herself (the call is live) will welcome you with, "Good morning. This is Sarah, your host, who's on the call?" or "Who just joined us?"

When 9:00 rolls around, the call begins. If Sarah's aware there are newcomers, she'll go over a few simple rules. If she believes everyone on the call is already familiar with what to expect, she'll dive right in.

The rules:

1. Make eye contact
 - a. If you're calling in with someone else, make eye contact with them throughout the call
 - b. If you're alone, try to find a mirror – it's more fun and gives you a person to laugh with
 - c. If you're calling from the car or don't have access to a mirror, you can create a laughter buddy by drawing on your fingers or simply use your imagination to pretend you are laughing with a friend.
2. It's time to throw caution – and judgment – to the wind. We are here to support each other in laughter, so we first muster up all our courage and agree not to judge ourselves, which can often stifle the laughter and our ability to let go and truly enjoy it. In addition to suspending any self-judgment, we also agree, by our participation, not to judge anyone else. Abiding by this rule actually paves the way for the final rule.
3. Let's PLAY! This is all about having FUN! We are aiming for 15 minutes of BELLY LAUGHTER and the best way to get there is to allow ourselves to be silly, playful, childlike and ridiculous – the more we let go and PLAY, the better!

What to expect on the call:

The premise for each healthy laughter session is based on research that supports the fact that your body doesn't know the difference between spontaneous laughter – what you typically do in response to something funny- and intentional or purposeful laughter. Since your body interprets all types of laughter the same, you reap all the benefits no matter what kind of laughter you engage in – though the heartier the laughter, the better the benefits. Think, “Fake it till you make it!” Since laughter is contagious, even if you start out faking it, chances are it will become more natural, genuine, and comfortable laughter in no time.

- Sarah will give clear directions that involve stretching your smile muscles, giving your funny bone a workout, and shaking up the sillies. She'll break things down to simple movements and invite you to add a variety of laughter sounds. What often starts as a forced laugh will quickly become genuine laughter as you hear others laughing.
- Sarah will introduce you to two types of clapping rituals used as transitions from one laughter game or exercise to another.
 1. Clap five times, saying, “Ho-Ho, Ha-Ha-Ha!”
 2. Clap twice and then put your hands in the air enthusiastically, saying, “Very good, Very Good, Yay!”

One of the two transitional clapping exercises will be initiated by Sarah at the conclusion of each exercise. The group is invited to join Sarah once they hear her begin, and then together as a group, the clapping is repeated 3-4 times, before moving on to Sarah giving the directions for the next laughter game.

Sarah will make her way through a variety of laughter games for the full 15 minutes, stopping occasionally to lead the group in some deep breathing as she hears people getting winded. Be sure to always breathe when you need to.

Every week brings something new as the specific laughter exercises or games change constantly.

A few favorites that tend to show up frequently are:

- SMILE-UPS
- Shower Yourself with Laughter
- Silent Laughter
- Plant a Giggle Garden
- I Love Myself Laughter
- Gratitude Laughter
- Celebratory Laughter

Why call in? So many reasons. Here are just a few:



For more information or to learn more about Sarah and her work, visit: www.LaughHealthy.com You can click on her YouTube Channel right from the website and see a live session. Feel free to contact Sarah directly from her website if you have questions.