

## Research has shown that laughter, whether intentional or spontaneous provides the following benefits:

Laughter is the body's natural way to increase oxygen flow.

### Laughter increases:

- Energy
- Focus
- Positivity
- Creativity
- Productivity
- Employee Engagement

### Laughter can help you feel less SAD

**S**tressed

**A**nxious

**D**epressed

A recent poll by **Partners In Leadership** confirms that when employees are happier at work, 85% say they take more initiative; 73% say they are better collaborators; and 48% care more about their work. Effective leaders who understand the correlation between higher levels of engagement, happiness, and productivity facilitate movement in the right direction--and have people feel good about it.

### Deep belly laughter, when combined with deep, diaphragmatic breathing:

- is great exercise
- boosts the immune system
- positively impacts heart health
- lessens pain
- is great FUN!

Since you don't have to rely on humor to reap the benefits of laughter, but can learn to generate it at will, after just one of Sarah's laughter sessions you will be well on your way to improving the health and wellbeing of yourself and your company.

**Isn't it time you started to take laughter seriously?**

**Do it for your health. It matters.**