

## **6. RESOURCES**

### **YouTube**

We are building our **Feelgood FirstAid** YouTube channel and will continue to upload videos and links to videos that are instructions on running activities, clips that we find funny, and informative clips.

#### **Funny films and audio**

Because laughter helps us be in a state of relaxation, watching funny films can help our health, happiness and stress levels. Everyone has their own taste, so gather films and audio that make you laugh. Please send in your suggestions to [toolkit@feelgoodcommunities.org](mailto:toolkit@feelgoodcommunities.org).

#### **Party Games**

As we develop the toolkit we will add some favourites. Please send in your suggestions to [toolkit@feelgoodcommunities.org](mailto:toolkit@feelgoodcommunities.org).

## **EVERYONE'S OWN RESOURCE KIT**

Make a list of your top things to do based on these two principles:

- It is good to be with people and in places that make us happy.
- Every day see if we can have a treat, a challenge and an adventure.

Gather things that make us smile and create a sense of playfulness that is appropriate.

Look for humour around us and appreciate appropriately.

Keep a laughter journal. And if we wish and if it suits us, wear bright clothes. Be creative.

## **CONTRAINDICATIONS NOTICE**

Laughter is part of everyday life and we laugh naturally as a release. However sometimes in laughter sessions something happens and we can end up laughing quite vigorously. So we have to look after ourselves and be responsible for what we join in.

There are guidelines to check to explain more:

[https://laughteryoga.org/wp-content/uploads/2015/10/contraindications\\_to\\_ly.pdf](https://laughteryoga.org/wp-content/uploads/2015/10/contraindications_to_ly.pdf)

<https://www.laughteronlineuniversity.com/laughter-contra-indications/>

## **SCIENTIFIC RESEARCH**

Research has been carried out for many decades into the effects of laughter on our body, brain and behaviour. There are lots of papers and reports on the internet.

Here are some examples of books and reports:

- BBC, *Laughter 'boosts blood vessels'*, retrieved 5<sup>th</sup> October 2009 from <http://news.bbc.co.uk/1/hi/health/4325819.stm>
- Cousins, N. (2005) *Anatomy Of An Illness As Perceived By The Patient*. (Paperback edition). New York, W.W. Norton and Company Inc
- Fry W and Savin W. *Mirthful laughter and blood pressure* *Humor: Int J Humor Res* 1988; 1: 49–62
- Fry W. *The physiological effects of humor, mirth, and laughter* *J Am Med Assoc* 1992; 267: 1857–8
- Goodheart, A. (1994) *Laughter Therapy*. Santa Barbara, Less Stress Press.
- Holden, R. (1993) *Laughter The Best Medicine*. London, Thorsons.
- Physorg, *Just the expectation of a mirthful laughter experience boosts endorphins 27 percent, HGH 87 percent*, retrieved 5<sup>th</sup> October 2009 from <http://www.physorg.com/pdf63293074.pdf>

## **WHAT NEXT**

### **Leader's experience and developing ideas**

Our best advice is to lead some sessions so that you gain confidence and find what works for you. The more you lead, the more you will move from having to think what to do next to intuitively knowing. Once you have experience and confidence you can try out your own ideas.

### **Training**

Contact us if you would like to train either as a Laughter Yoga Leader, Laughter Facilitator or Gibberish Professor at [training@feelgoodcommunities.org](mailto:training@feelgoodcommunities.org).

### **Involve laughter professionals and come to events**

We can run a workshop for you and your organisation where we look at laughter in more depth. We can also train you on using this toolkit. And look out locally for Laughter Clubs and events such as the Laughter Championships! [workshop@feelgoodcommunities.org](mailto:workshop@feelgoodcommunities.org).

### **Version 2 of the Toolkit**

We plan to keep developing this toolkit, adding more resources and ideas. If you would like us to keep you up-to-date with occasional emails then contact us at [update@feelgoodcommunities.org](mailto:update@feelgoodcommunities.org)

## **DISCLAIMER**

In creating this toolkit, we have made every effort to ensure that the instructions, examples and guidance for leading are safe and accurate. However, it is the responsibility of groups and leaders to ensure that everything is suitable, safe and carried out with due diligence, including having insurance, checking the list of contraindications online, and carrying out a risk assessment. It is always essential to seek medical advice from a trained medical professional in case of any concerns about suitability of activities or if having any of the conditions listed in the contraindications. Laughter can involve some physical strain and an increase in intra-abdominal pressure and involve other physiological changes. This is just a toolkit with ideas, and not a training manual: the author and organisation cannot accept liability for any resulting injury or damage to persons or property, however it may arise.

# **THANK YOU**



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