LaughSynergy™

Chair Laughter Yoga

Laugh with Dr Dust, Feather & Grocho

With each other, or by yourself - never at someone else.
Begin gently. Let the giggle grow in its own time.

Settle into a stable chair, feet comfortably supported. Begin with one round. Pause for an easy, natural breath between exercises.

1. **A breath and a tiny giggle**
   Take a comfortable breath in. As you breathe out, add a soft “heh-heh.” Rest, then try a little “hee-hee.”

2. **Ha-ha! Hoo-ho! Hee-hee!**
   Say the sounds playfully. Try them gently, then let them grow into laughter if it comes. Let your breathing settle.

3. **Greeting laughter**
   Give someone a friendly wave and share a smile or laugh. Practising alone? Wave toward the camera or imagine a friend.

4. **Lion laughter**
   Lift your hands like soft lion paws. Open your mouth, gently stick out your tongue, and let a playful “Rrrrr!” turn into a laugh.

5. **Milkshake laughter**
   Pretend to pour between two imaginary cups: “Oh! Oh!” Mix your imaginary milkshake, take a pretend sip, and laugh.

6. **Appreciation laughter**
   Give a small thumbs-up, smile and share a warm laugh. Offer that same appreciation to yourself. Finish with an easy breath.

Notice your own experience

Date: _____ Before: _____

After: _____

Companion notes and research references are on page 2.

A little science. A little play.

Companion notes for the chair-practice chart

Laughter and stress

A 2023 analysis of eight studies involving 315 participants found greater cortisol reductions after spontaneous-laughter interventions than control activities. [1]

Laughter and pain tolerance

A series of six experiments found higher pain thresholds after laughter than under control conditions. The finding concerns increased pain tolerance. [2]

Hearing laughter and settling after stress

In a randomized study of 90 students, hearing laughter after a stressful task increased a heart-rate-variability measure associated with parasympathetic activity. [3]

Sources

[1] Kramer & Leitao (2023). Laughter as medicine. PLOS ONE 18(5): e0286260. doi.org/10.1371/journal.pone.0286260

[2] Dunbar et al. Social laughter is correlated with an elevated pain threshold. Proceedings of the Royal Society B. doi.org/10.1098/rspb.2011.1373

[3] Fujiwara & Okamura (2018). Hearing laughter improves the recovery process of the autonomic nervous system after a stress-loading task. PubMed: pubmed.ncbi.nlm.nih.gov/30598694/

Exercise references: Laughter Yoga International, “100 Laughter Yoga Exercises” (youtube.com/watch?v=Fq4kTZuLops) and “Lion Laughter” (youtube.com/watch?v=HFynQHRV6hc). Wording and seated adaptations by LaughSynergy™.

Practice notes

Choose a comfortable range of movement and keep breathing naturally. A smile counts; louder is not better. Pause or stop if you feel pain, dizziness or breathlessness. This chart provides general wellbeing activities, not medical diagnosis or treatment.