



**Sandra Summerhayes**  
**Laugh Yourself Silly**

Certified Coach Practitioner



Laugh Yourself Silly!

*Sandra*  
SUMMERHAYES  
& ASSOCIATES

Welcome

# Sellec (Silly)



Health,

Happiness,

Prosperity!



# "Killer" Phrases



- Wipe that smile off your face
- Stop Smirking
- Settle Down
- When are you going to grow up?

# Why We Don't Laugh...



- Laughter means we are immature
- Our jobs are serious
- Unproductive at work
- Can't work and have fun



I might as  
well work,

I am in a  
bad mood  
anyway.



# Instead...



When was  
the last  
time you  
had a good  
belly  
laugh?

# Research shows us...



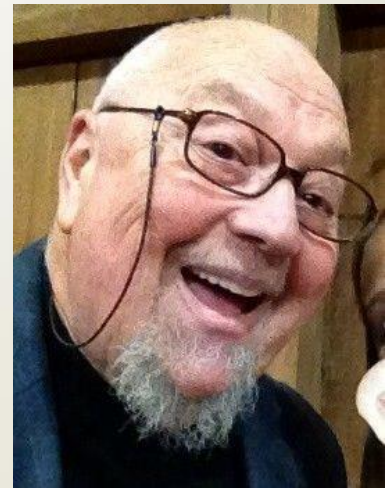
Geneticists tell us that 50 percent or more of our happiness level - defined as the sensation of well being - seems to come from our DNA.



# Why We Need Laughter



"When you laugh or even when you smile, your brain chemistry changes and sends a signal to every system in your body to act in a healthy way." ..Steve Wilson



# Top 14 Benefits of Laughter



- Sense of well-being
- Depression, anxiety & psychosomatic disorders
- Meditation & Relaxation
- High blood pressure & heart disease
- Strengthens immune system
- Natural pain killer

# Top 14 Benefits Continued...



- Alleviate bronchitis & asthma
- Improves stamina in athletes
- Internal jogging
- Good for actors & singers
- Snoring
- Interpersonal relationships
- Self-confidence through laughter

# The #1 Benefit...



- Makes you look younger!!!



# Happiness is a Recipe



"It's like the chocolate cake your grandmother baked from scratch. It's made from nine ingredients and they're all there for a reason. The cake becomes a cake because of the chemical interaction of all ingredients. If you leave one of them out, the cake won't turn out to be a cake."

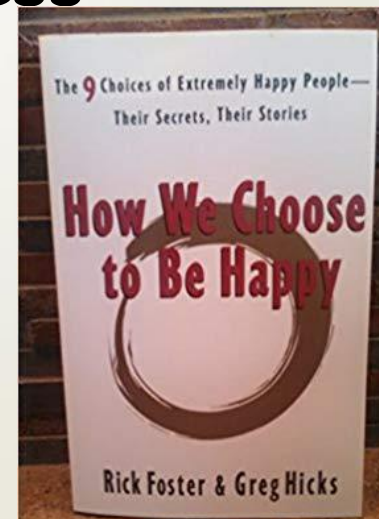
*...Rick Foster & Greg Hicks*



# 9 Ingredients to Happiness



1. Intention
2. Accountability
3. Identification
4. Centrality
5. Recasting
6. Options
7. Appreciation
8. Giving
9. Truthfulness



# Intention



"The active desire and commitment to be happy, and the fully conscious decision to choose happiness over unhappiness."

...Foster & Hicks

# Autobiography in 5 Chapters



# Accountability



"The choice to create the life you want to live, to assume full personal responsibility for your actions, thoughts and feelings and the emphatic refusal to blame others for your own unhappiness."

...Foster & Hicks

# Laughter Club Video



<https://www.youtube.com/watch?v=hh9G0qZAIKg>



# Learn to Laugh



*Remember that...*

Simulated laughter becomes  
stimulated laughter!



# Stretch & Smile....



## Ho-Ho-Ha-Ha-Ha



# Aloha Laugh



Ho-Ho-Ha-Ha-Ha

# Identification



"The on-going process of looking deeply within yourself to assess what makes you uniquely happy, apart from what you're told by others should make you happy."



...Foster & Hicks

# Identification



"Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you."

*...Oscar Wilde*





# Happiness & Income in Economically Developed Countries



Nation	Happiness	Income
	Ranking	Index
Switzerland	1 <sup>st</sup>	4 <sup>th</sup>
Denmark	2 <sup>nd</sup>	19 <sup>th</sup>
Canada	3 <sup>rd</sup>	16 <sup>th</sup>
Ireland	4 <sup>th</sup>	48 <sup>th</sup>
Netherlands	5 <sup>th</sup>	24 <sup>th</sup>
United States	6 <sup>th</sup>	1 <sup>st</sup>
Finland	7 <sup>th</sup>	31 <sup>st</sup>

# Centrality

"The non-negotiable insistence on making that which creates happiness central in your life."

...Foster & Hicks



# Shake Your Fists in the Air Laugh



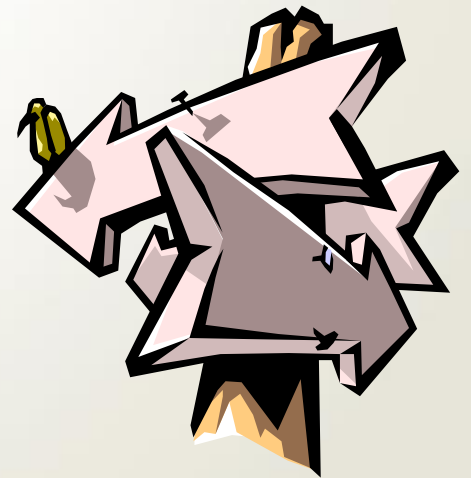
Ho-Ho-Ha-Ha-Ha

# Recasting



"The choice to convert problems into opportunities and challenges and to transform trauma into something meaningful important and a source of emotional energy."

...Foster & Hicks





<https://www.youtube.com/watch?v=7cUZhHS0PMM>



# Recasting



- Think of a stressful situation you just had and make a mental picture in your mind of that situation.
- Now picture that same situation with Tim Conway re-enacting it.
- What happened?

# What is humour?



"In matters of humour, what is appealing to one person is appalling to another." ...Melvin Helitzer, author of *Comedy Writing Secrets*



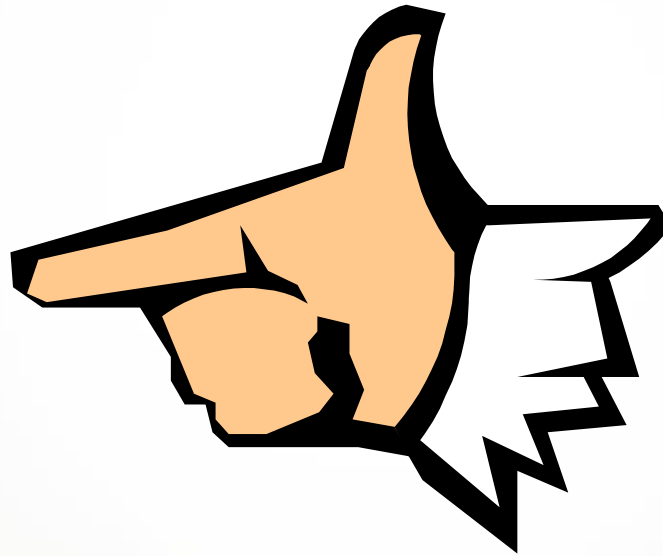
# So Remember...



- It's not about Jokes
- The AT & T principle
- Appropriate, Timely & Tasteful



# Argumentative Laugh



Ho-Ho-Ha-Ha-Ha

# Options



"The decision to approach life by creating multiple scenarios, to be open to new possibilities and to adopt a flexible approach to life's journey."



# Appreciation



"The choice to appreciate deeply your life and the people in it and to stay in the present by turning each experience into something precious."

...Foster & Hicks





# Appreciation Exercise



- Orange & Green Cards
- Find someone in the room that has a different colour card than you
- The person with the orange card read 1<sup>st</sup>
- The person with the green card respond with what is on their card

# Favourite Dance Step

## Laugh



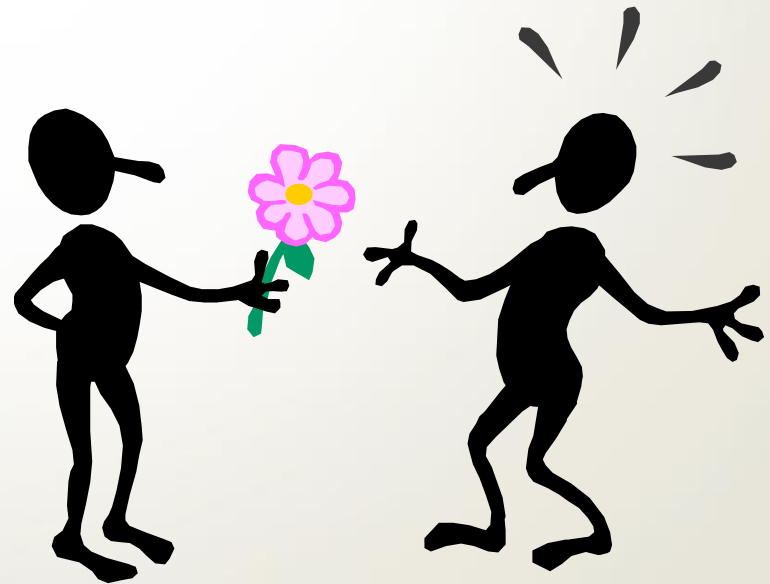
Ho-Ho-Ha-Ha-Ha

# Giving



"The choice to share yourself friends and community and to give to the world at large without the expectation of a return."

...Foster & Hicks



# The Gift of Laughter





<https://www.youtube.com/watch?v=NkQ58l53mik>

# Truthfulness



"The choice to be honest with yourself and others in an accountable manner by not allowing societal, corporate or family demands to violate your internal contract."

...Foster & Hicks





# Truthfulness



"I didn't pay attention when everyone told me I should get a real job. I love performing. I feel it's a gift. I never wanted to do anything else, even when I was a kid. And I did it!"

*...Paula Gaffin, Broadway Chorus Dancer*

# Follow the Leader Laugh



Ho-Ho-Ha-Ha-Ha

# Does Your Team Have a Sense of Humour??



# Benefits to Team Laughter

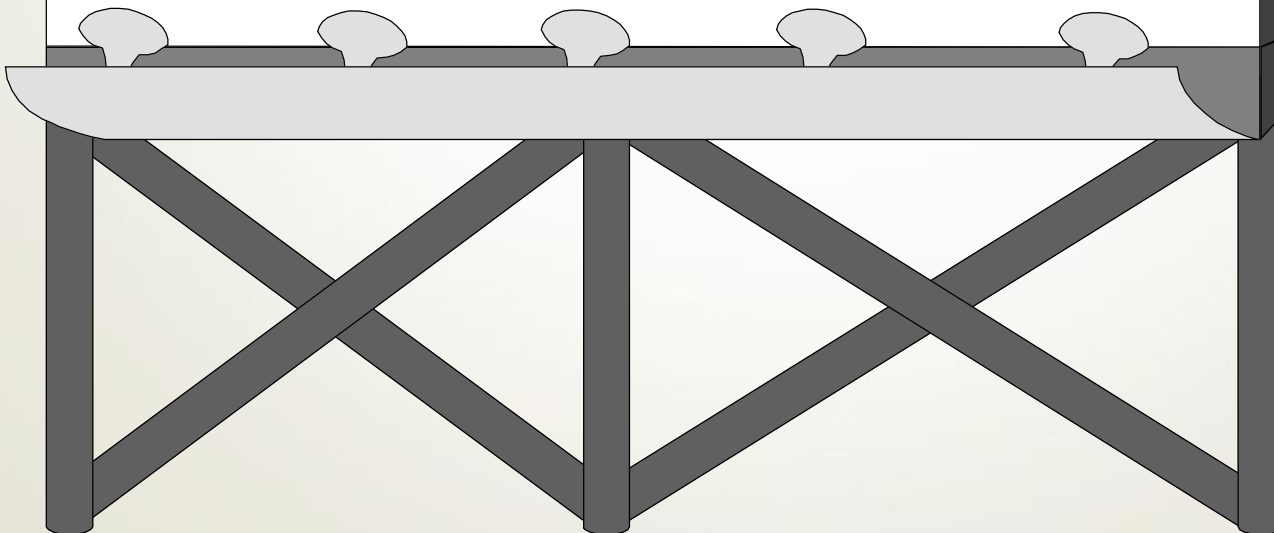


- Diffuse anger quickly & move rapidly to bring people together.
- Develop more creative solutions to problems.
- Achieve new product & service innovations.
- Productive meetings that members want to attend.
- Deal effectively with organizational change.

# How Can You Promote Laughter in Your Workplace and in Your Life?



**"Don't make  
me come  
down there!"  
...God**





# High Five Laugh



Ho-Ho-Ha-Ha-Ha



"Vitamin L is for Laughter.  
Make sure you get your  
daily dose!!"



# Questions & Comments



# Thank You for Your Participation!!



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