

Presentation

Benefits of Laughter & So Much More!

(Beneficios de la Risa)



Rosa Linda Cruz

<https://www.rosalindacruz.org>

▶ Licensed Professional Counselor, Author & Consultant

- ▶ EMDR Trained/Emdria Approved & Certified Grief Educator, Social Emotional Learning, Laughter Yoga & School Counselor

**BARNES
& NOBLE**



amazon



Social Emotional Learning Strategies

(estrategias de aprendizaje socio-emocional)



Stretch & Relax Exercise (*Estiramiento y Relajarse*)

- ▶ Decreases stress
- ▶ Increases circulation
- ▶ Builds strength
- ▶ Maintains & improves mental clarity
- ▶ Feelings of well being
- ▶ Improves coordination
- ▶ Increases Flexibility
- ▶ Effective
- ▶ Accessible



- **BREATHE**
(Respirar)

Regulate Recover Restore
Lowers stress
Lowers heart rate
Regulates blood pressure
Reduces tension
Relax



Random Acts of Kindness

(Actos Fortuitos de Bondad)





Advice From A Tree

- Stand Tall And Proud
- Go Out On A Limb
- Remember Your Roots
- Drink Plenty of Water
- Be Content with Your Natural Beauty
- Enjoy the View

MUSIC

(Música)

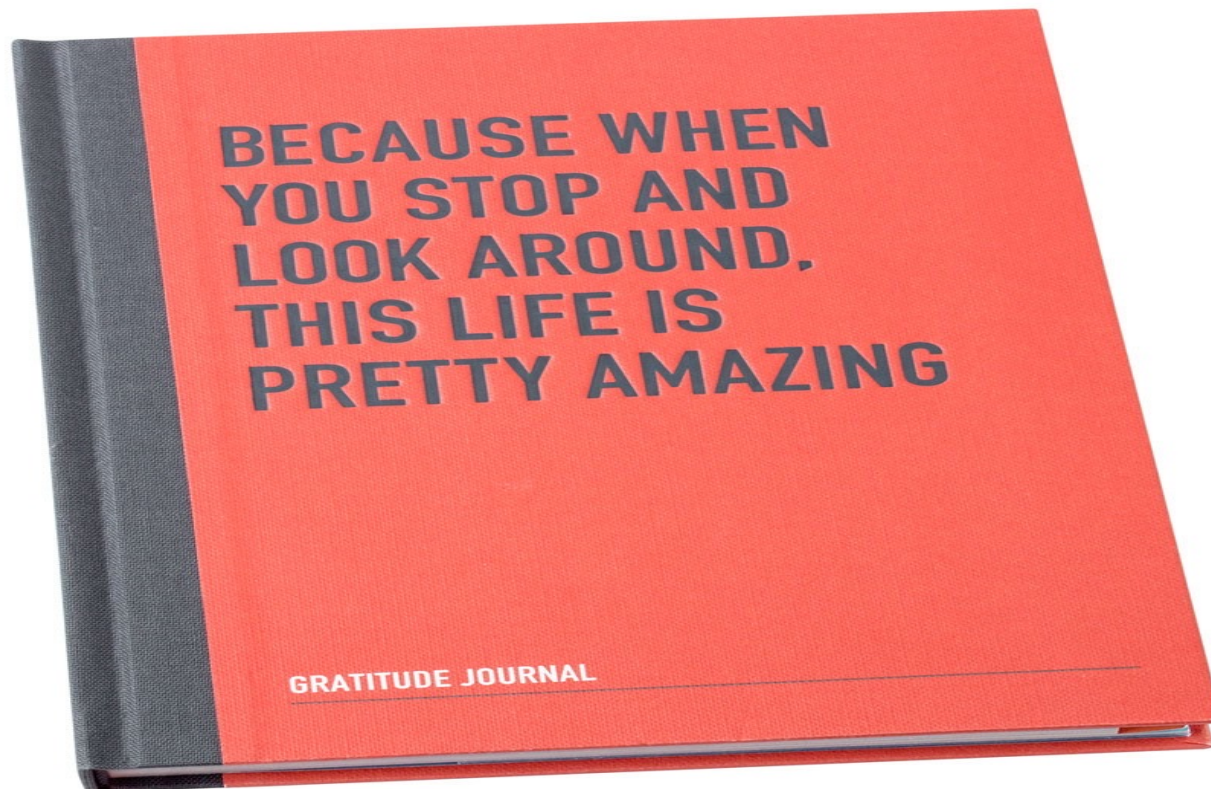
<https://youtu.be/813qpAZp0BY>



Journal / Be Grateful

(Escribir en Diario / Agradecido)

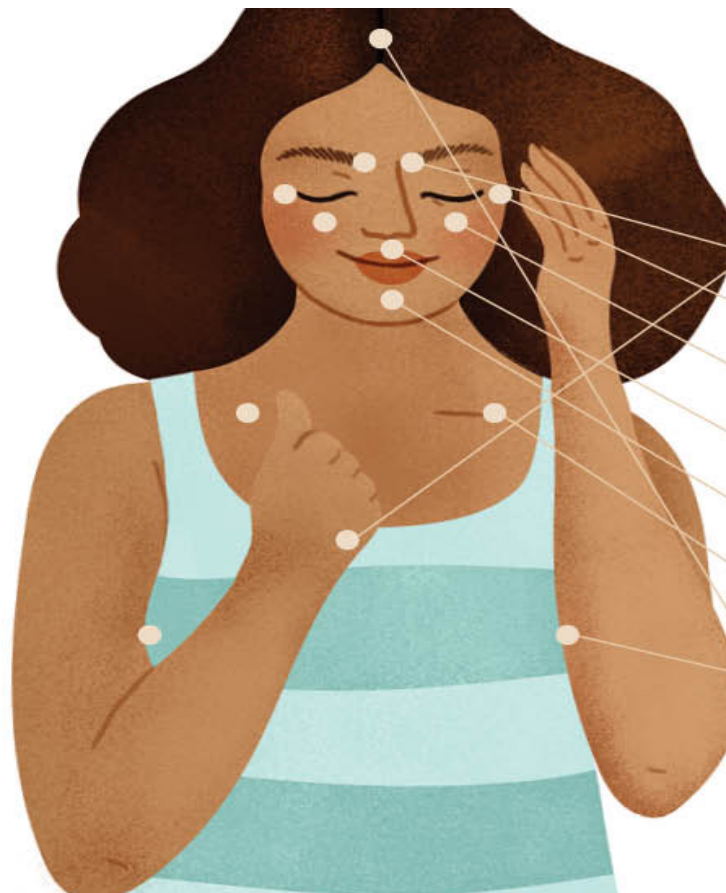
(instagram/blog/snapchat/facebook/twitter)





Tapping Solution

(EFT) Emotional Freedom Technique
(Técnica de Libertad Emocional)

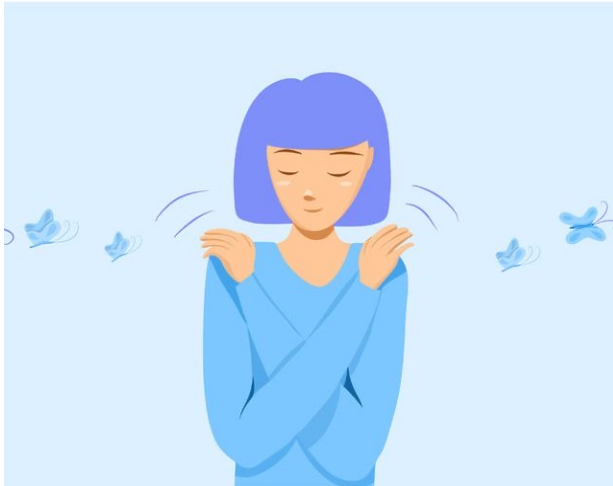


The Points:

1. Edge of Hand
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collarbone
8. Under Arm
9. Top of Head



The BUTTERFLY HUG (el Abrazo de la Mariposa)



Then Lucy asked them to do the Butterfly Hug *“while observing what is happening to you...without judging or trying to change it... Stop when you feel in your body it has been enough and lower your hands to your thighs.”*

<https://www.youtube.com/watch?v=BGl5QOFHtbE>

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

Sunshine Corner (*Rayos de Sol*)



Laughter Yoga

(Risa De Yoga)

Dr. Madan Kataria

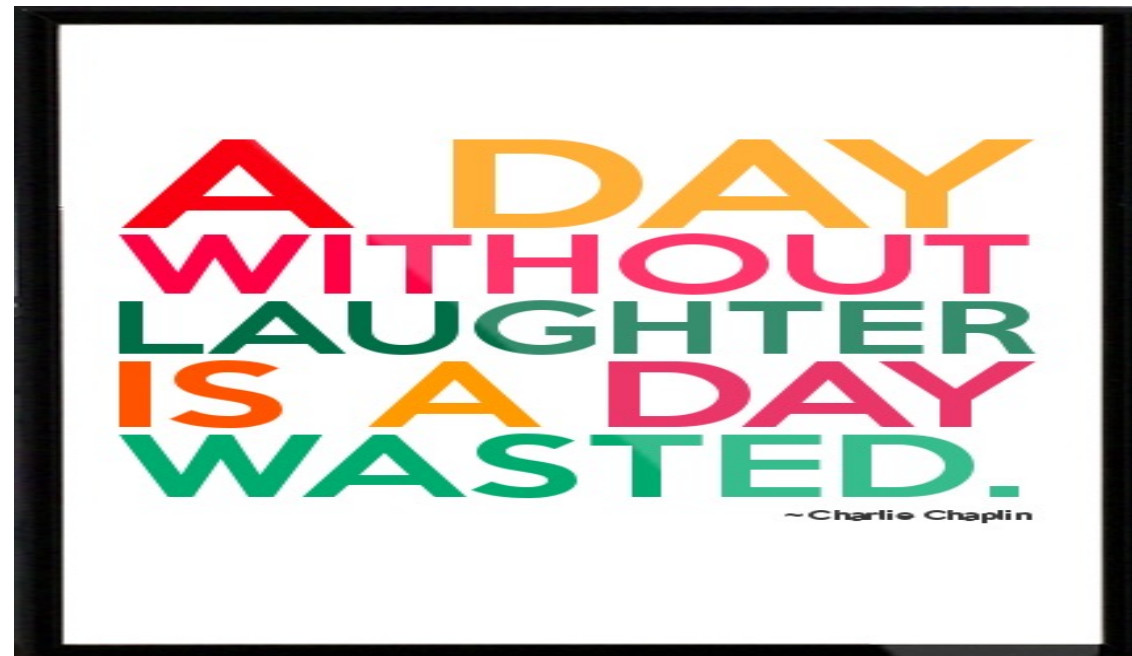
Laughter
is the **SUN**
that drives winter
from the
human face.

Victor Hugo



History

- ▶ Norman Cousins
- ▶ Dr. Hunter (Patch) Adams
<https://www.bing.com/videos/search?q=patch+adams+youtube+clip&adlt=strict&qvvt=patch+adams+youtube+clip&view=detail&mid=83176D3332FE29F94F2983176D3332FE29F94F29&FORM=VRDGAR>
- ▶ Dr. William Fry
- ▶ Dr. Lee Berk



Physical Health Benefits

(Beneficios Física)

<https://www.bing.com/videos/search?q=laughter+yoga+at+hospitals&adlt=strict&qpvt=laughter+yoga+at+hospitals&view=detail&mid=25FCAACB7F24F4F9DABE25FCAACB7F24F4F9DABE&FORM=VRDGAR>

- ▶ Boosts immunity
- ▶ Lowers stress hormones
- ▶ Decreases pain
- ▶ Relaxes body

- ▶ *Aumenta la inmunidad*
- ▶ *Disminuye las hormonas del estrés*
- ▶ *Disminuye el dolor*
- ▶ *Relaja el cuerpo*



Mental Health Benefits

(Beneficios Mental)



- ▶ Adds joy and zest to life
 - ▶ Eases anxiety
 - ▶ Relieves stress
 - ▶ Improves mood
 - ▶ Enhances resilience
-
- ▶ *Alegría y entusiasmo a la vida*
 - ▶ *Alivia la ansiedad*
 - ▶ *Alivia el estrés*
 - ▶ *Mejora es estado de ánimo*
 - ▶ *Mejora la resiliencia*



Social Benefits

(Beneficios Social)

- ▶ Strengthens relationships
- ▶ Enhances teamwork
- ▶ Helps defuse conflict

- ▶ *Fortalecer las relaciones*
- ▶ *Mejora el trabajo en equipo*
- ▶ *Desactivar conflicto*

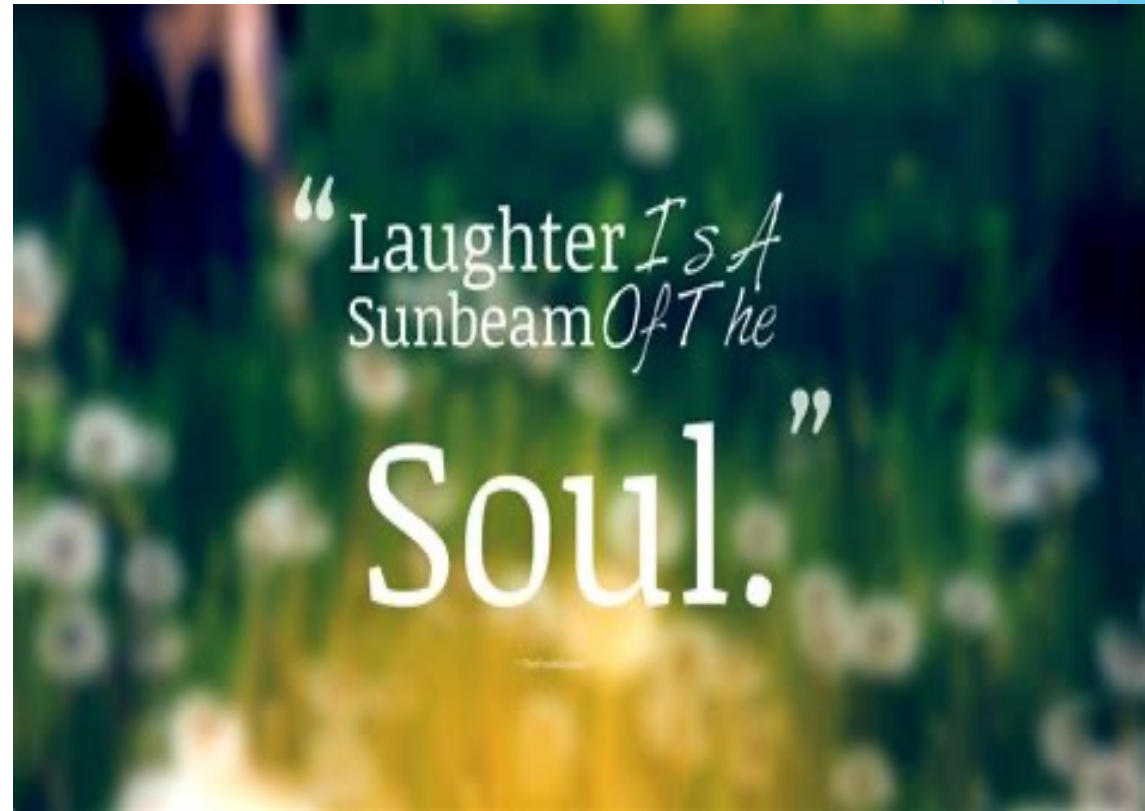
Laughter
is the shortest
distance between
two people

Victor Borge

Therapeutic Benefits

(Beneficios Terapéuticos)

- ▶ Provides strength in adversity
- ▶ Positive mental attitude
- ▶ *Proporciona fuerza en la adversidad*
- ▶ *Actitud mental positive*



Guidelines for Laughter Exercises

(reglas para ejercicios de risa)

- ▶ Laughter Exercises Hahahahaha Hehehehehe Hohohohoho
- ▶ Child Like Play
- ▶ “Very Good, Very Good, Yay!”

- ▶ *Ejercicios de Risa*
- ▶ *Niño interior*
- ▶ *“Muy Bien, Muy Bien, Yay!”*



Warm up Exercises

- ▶ Ha Ha Ha Ha Ha (focus/activate/sinus/headache...) (*en focar/activar/seno/dolor de cabeza...*)
- ▶ He He He He He (compassion/heart/circulation...) (*compassi3n/coraz3n/circulaci3n...*)
- ▶ Ho Ho Ho Ho Ho (comfort/tummy/anxiety/ache...) (*c3modo/estomago/ansiedad preocupacion/dolor...*)



Exercises

- ▶ Aloha (*Aloha*)
- ▶ Greeting (*Saludar*)
- ▶ Anger (*Enojar*)
- ▶ Sad (*Triste*)
- ▶ Forgiveness (*Perdonar*)
- ▶ Mental floss (*Hilo Dental*)
- ▶ Bill (*Cuenta Factura*)
- ▶ Drink (*Bebida*)
- ▶ Pain (*Dolor*)
- ▶ Good Job (*Buen Trabajo*)
- ▶ Dance (*Bailar*)







Trauma Research Foundation
Dr. Bessel Van Der Kolk - The Body Keeps the Score



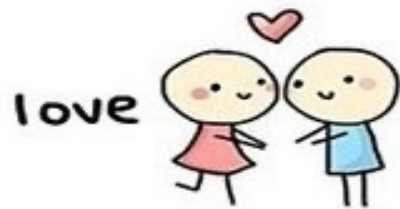
Progressive Relaxation (tense / relax) *(Tensa y Relajada)*

Reminder

Best Things in Life are Free

(Las mejores cosas in la Vida son Gratis)

the best things in life are free.



SUPER HERO by DAY & NIGHT

(Superhéroe de Día y de Noche)



Resources

- ▶ <https://laughteryoga.org>
- ▶ <https://greatergood.berkeley.edu/>
- ▶ <https://traumaresearchfoundation.org>
- ▶ <https://www.tappingsolutionfoundation.org/>
- ▶ <https://emdrresearchfoundation.org/toolkit/butterfly-hug.pdf>
- ▶ <https://www.mayoclinic.org/>
- ▶ <https://www.facebook.com/mayrajaha>



Rosa Linda Cruz

<https://www.rosalindacruz.org>

Twitter MsRosaLindaCruz

Instagram RosaLindaCruzAuthor

YouTube Author,RosaLindaCruz



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