

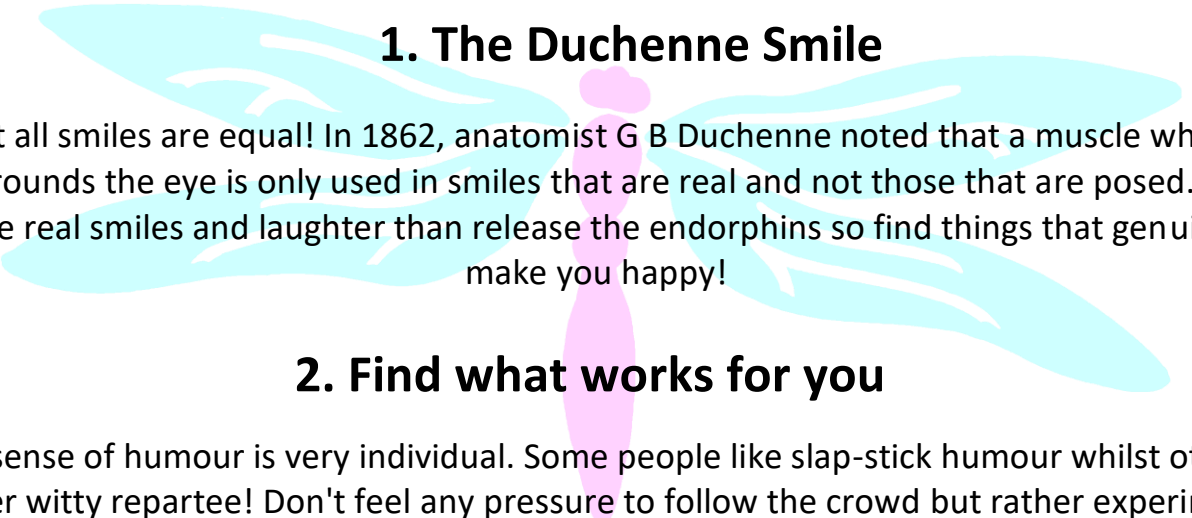
Thrive 365 #14

Did you know?

Did you know that laughter can have a hugely positive impact on our mental health? There are even laughter workshops and laughter coaching emerging in many places. Laughing releases endorphins and relaxes your body and mind.

What can you try?

1. The Duchenne Smile



Not all smiles are equal! In 1862, anatomist G B Duchenne noted that a muscle which surrounds the eye is only used in smiles that are real and not those that are posed. It's these real smiles and laughter that release the endorphins so find things that genuinely make you happy!

2. Find what works for you

Our sense of humour is very individual. Some people like slap-stick humour whilst others prefer witty repartee! Don't feel any pressure to follow the crowd but rather experiment with lots of types of comedy until you find something you like.

3. Your thoughts matter

It's really difficult to genuinely laugh or smile if our thoughts are unhappy, so try to challenge negative thinking. Reframe it to a positive (or neutral) thought and smile. This sends a signal to your body that everything is OK.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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