



The Centre of Health and Wellbeing
where great health and wellbeing are better together

Centre of Health and Wellbeing Laughter Therapy Special Newsletter

A good laugh is great for your health... its official!

It has long been recognised that laughter is a powerful medicine for both mind and body. As early as the 14th century French surgeon Henri de Mondeville used humour therapy to aid recovery. People from many walks of life (e.g. sociologists and philosophers) have recommended laughter therapy in the course of their work to restore balance and release stress. More recently, scientific research has supported the use of laughter therapy to improve health and aid recovery.

The Edinburgh-based Centre of Health and Wellbeing (CHWB) has recently completed a series of laughter workshops which not only proved very popular, but also confirmed the health promoting properties of laughter.

Participants reported:-

An improvement in mood following the sessions, which persisted for the remainder of the day on which the workshop took place.

Increased levels of happiness as a result of taking part in workshops. This increased happiness could contribute to a reduction in anxiety levels and stabilising or improving mental wellbeing.

86% of participants enjoyed taking part in the workshops. **95%** of those who took part felt good or very good as a result of the workshops and **88%** said their mood was either improved or very improved as a result.

Here's what people said:

"A great atmosphere and people smiling from ear to ear"

"Fantastic, really inspiring and fun! Great for improving mood"

"Great fun, what a great idea, feels great after this. Thank you"



The CHWB is a social enterprise dedicated to developing innovative ways of improving health and wellbeing. So if you feel in need of a good laugh or think your staff could benefit from some de-stressing and would like to try laughter therapy, please contact Dr Lubna Kerr at lubna@chwb.org.uk for more information.

If you would like to read more about our laughter therapy workshops and the results of this research please visit our website www.chwb.org.uk.