



## 10 Ways to Incorporate Laughter Yoga Into Your Daily Life

1. Remember to Smile - Genuine smiles will be returned to you and often turn to laughter. It can be fun greeting strangers, however make sure it is a genuine smile. Perhaps link it with a spontaneous random act of kindness such as passing a compliment, instead of keeping it to yourself.
2. Habitual Laughter – Make it a habit to find ways to incorporate laughter into your life. This could be every time you shower, open the door of your car, fridge, office or bedroom. It can be when you stop at traffic lights, make the bed, cut up fruit and vegetables, prepare dinner.
3. Laugh in Public - Consciously connect with other people, particularly with your eyes. Energy connects over distance and makes heartfelt connections possible. A moment can seem much longer and keep you smiling on the inside after unique encounters with others.
4. Private Laughter - Alternatively there are times in public when you prefer to laugh in a private way that is socially acceptable. Examples would be when reading or pretending to read a book or listen to something with a headset or on a mobile phone.
5. Wake up laughter – Before getting out of bed, tie laughter into something for which you are grateful and laugh for a few minutes. You can program yourself to laugh or smile whenever you express gratitude on a daily basis.
6. Laughing alone – Find new ways that fit your life. You could use a mirror, smiling, breaking into laughter, or practice different smiles and types of laughs.
7. Laugh To Help Pass the Time - When doing things you do not enjoy. It can be a quiet chuckle or louder laughter.
8. Sing 'ha ha ha' - Instead of words to songs and old favourite nursery rhymes. You can say 'hey' to punctuate the verses.
9. Laugh When Exercising – Laugh when you are able to as you exercise, walking or formal group exercising, either with your mouth open or closed.
10. Make Laughter Regular - Join a laughter club or have YouTube videos saved that you can quickly log onto like funny skits, laughing babies, bloopers etc.

The main thing is to be mindful how good laughter is for you and embrace it more and more. Laughter in your everyday life will help you feel lighter and more in tune with yourself and the world. The increased light-heartedness and fun will enhance your level of wellness and you will also carry the spirit of laughter with you wherever you go. Best of luck. Stay in touch if you wish. Yay.

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