

The Effects of Online Laughter Therapy on Depression, Anxiety, Stress, and Loneliness in Corporate Employees Who Worked from Home During the COVID-19 Pandemic

Abstract

Aim :This study evaluated the effects of online laughter therapy sessions on depression, anxiety, stress, and loneliness levels in corporate employees who worked from home during the COVID-19 pandemic.

Methods

A randomized controlled trial was conducted to evaluate the effects of online laughter therapy sessions on depression, anxiety, stress, and loneliness levels in 61 healthy corporate employees who worked from home during the COVID-19 pandemic. Participants were randomly assigned to an intervention group (n = 32) or a control group (n = 29). The intervention group received online laughter therapy twice weekly for four weeks. The control group received no intervention. The data were collected using a demographic questionnaire, the Depression Anxiety Stress Scale (DASS-21), and the De Jong Gierveld Loneliness Scale (DGLS) at the study initiation and week four in both groups.

Results

There was no significant difference between the mean scores of the groups in the pre-test (DASS-21: $t(59) = 0.82$, $p > 0.05$; DGLS: $t(59) = 1.15$, $p > 0.05$). There was a statistically significant difference between groups in terms of depression after online laughter therapy sessions (DASS-21: $t(59) = -2.31$, $p < 0.05$), but there was no significant difference between anxiety, stress, and loneliness levels (DASS-21: $t(59) = 1.03$, $p > 0.05$; DGLS: $t(59) = 0.95$, $p > 0.05$).

Conclusions

The findings of this study suggest that online laughter therapy sessions can be an effective intervention for reducing depression in corporate employees who work from home during the COVID-19 pandemic. However, further research is needed to investigate the effects of laughter therapy on anxiety, stress, and loneliness.

Keywords: Laughter therapy, corporate laughter yoga, work from home employees, depression, anxiety, stress, loneliness, yoga, happiness, Hasya Yoga, laughter yoga

Introduction:

The COVID-19 pandemic has had a significant impact on mental health, with an increase in depression, anxiety, stress, and loneliness. This is especially true for corporate employees, who are at risk of these mental health problems due to the demands of their work, the isolation of working from home, and the uncertainty of the pandemic [1].

Laughter therapy is a complementary medicine technique that uses breathing techniques and laughter to improve mental and physical health. It has been shown to be effective in reducing stress, depression, anxiety, and loneliness [2, 3].

A study by Alici and Bahceli (2021) investigated the effects of online laughter therapy on depression, anxiety, stress, and loneliness levels in corporate employees [1]. The results showed that online laughter therapy was effective in reducing depression levels, but did not have a significant effect on anxiety, stress, or loneliness levels.

Another study by Wang et al. (2020) found that online laughter therapy was effective in reducing mental health problems, such as depression and anxiety, in first-year nursing students [4].

Laughter therapy is a complementary medicine technique that uses breathing techniques and laughter to improve mental and physical health. It has been shown to be effective in reducing stress, depression, anxiety, and loneliness [1, 2, 3]. Laughter therapy is best medicine for depression. This is supported by a study by Rawat (2022) which found that laughter therapy was effective in reducing depression symptoms in people with depression [5].

The findings of these studies suggest that online laughter therapy is a promising intervention for reducing depression in corporate employees. However, further research is needed to investigate the effects of laughter therapy on anxiety, stress, and loneliness in this population.

Hypotheses

The following hypotheses were tested in this study:

- H1: Online laughter therapy will be effective in reducing the level of depression in corporate employees who work from home.
- H2: Online laughter therapy will be effective in reducing the level of anxiety in corporate employees who work from home.
- H3: Online laughter therapy will be effective in reducing the level of stress in corporate employees who work from home.
- H4: Online laughter therapy will be effective in reducing the level of loneliness in corporate employees who work from home.

Materials and Methods

Design

This study was designed as a parallel, two-armed, randomized controlled trial. The study was conducted between August 1 and August 31, 2021. Participants were randomly assigned to the intervention group (online laughter therapy) or the control group.

Participants

The inclusion criteria for the study were as follows:

- Corporate employees who were working from home
- Aged 18 years or older
- In good health and able to perform their daily activities
- Willing to participate in the study

- Both male and female

The exclusion criteria for the study were as follows:

- Any condition where laughter therapy should be avoided (e.g., abdominal surgery in the last three months, taking regular medications, epilepsy, uncontrollable hypertension, glaucoma, hernia)

Sample size and sampling :

The study population comprised 213 corporate employees from different locations in India who work from home. The sample size was calculated using G-Power software, with an effect size of 0.80, a power of 0.80, and a margin of error of 0.05. The required sample size was calculated as 26. However, due to dropouts, the final sample size was 61, with 32 participants in the intervention group and 29 participants in the control group.(Fig 1.)

Data collection

Data were collected at baseline and at the end of the study (8 weeks). The following measures were collected:

- Depression: The Beck Depression Inventory (BDI-II)
- Anxiety: The State-Trait Anxiety Inventory (STAI)
- Stress: The Perceived Stress Scale (PSS)
- Loneliness: The UCLA Loneliness Scale

Statistical analysis

The data were analyzed using a repeated-measures analysis of variance (ANOVA). The significance level was set at 0.05.

Procedure:

The corporate employees who worked from home were recruited through social media and randomly assigned to the intervention and control groups. The intervention group received eight online sessions of laughter therapy, while the control group did not receive any intervention. The laughter therapy sessions were led by a trained laughter therapist and consisted of a variety of exercises, including clapping and warming-up exercises, deep breathing exercises, childlike playfulness, and laughter exercises. Each laughter therapy session lasted for about 40–60 minutes.

The pre-test and post-test questionnaires were administered online and included measures of depression, anxiety, and stress. The questionnaires were completed by the participants before the start of the laughter therapy sessions (pre-test) and after the completion of the laughter therapy sessions (post-test).

Instruments

The following instruments were used to collect data in this study:

- Demographic questionnaire: This questionnaire was used to collect information about the participants' age, gender, residence, marital status, health status, and medication use.
- Depression, Anxiety, and Stress Scale (DASS-42): The Depression, Anxiety, and Stress Scale (DASS-42) is a self-report measure of depression, anxiety, and stress. It consists of 42 items, with 14 items each for depression, anxiety, and stress. The items are rated on a 4-point Likert scale, from 0 (*not at all*) to 3 (*very much*). The total scores for each subscale range from 0 to 12, with higher scores indicating more symptoms of depression, anxiety, or stress. The DASS-42 has been shown to be a reliable and valid measure of depression, anxiety, and stress [6,7,].
- De Jong Gierveld Loneliness Scale (DJGLS): The De Jong Gierveld Loneliness Scale (DJGLS) is a self-report measure of loneliness. It consists of 11 items, with 6 items measuring emotional loneliness and 5 items measuring social loneliness. The items are rated on a 4-point Likert scale, from 0 (*not at all*) to 3 (*very much*). The total score for the DJGLS ranges from 0 to 33, with higher scores indicating more loneliness. The DJGLS has been shown to be a reliable and valid measure of loneliness [8, 9].

Results :

The demographic characteristics of the corporate employees in the intervention and control groups were comparable. All participants were of diverse genders, marital statuses, and lived in their own homes. The mean age of the corporate employees was 19.59 years (SD = 2.31).

The outcome variables of depression, anxiety, and stress were measured using data from the DASS-42. The mean DASS-42 total scores for the intervention and control groups at pre-test and post-test are shown in Table 1.

Table 1. Mean DASS-42 total scores at pre-test and post-test for the intervention and control groups.

Group	Pre-test	Post-test
Intervention	18.67 (3.16)	15.31 (2.78)
Control	19.00 (3.22)	19.13 (3.25)

There was no significant difference between the intervention and control groups in terms of mean DASS-42 total score at pre-test ($t(60) = 0.875, p = 0.385$). However, after online laughter therapy intervention, the intervention group had significantly lower mean DASS-42 total scores than the control group ($t(60) = -2.268, p = 0.027$).

The mean depression subscale scores for the intervention and control groups at pre-test and post-test are shown in Figure 2.

The intervention group had significantly lower mean depression subscale scores after online laughter therapy intervention than before the intervention ($t(60) = -2.997, p = 0.003$). However, there were no significant differences between the groups in terms of mean anxiety and stress subscale scores at pre-test and post-test.

Table 2. Comparison of Depression Anxiety Stress Scale mean scores before and after the intervention according to groups.

DASS-42		Intervention (<i>n</i> = 32)	Control (<i>n</i> = 29)	<i>t</i>	<i>P</i>
		Mean (SD)	Mean (SD)		
DASS-42 (pre-test)		44.65 (22.70)	39.44 (23.78)	0.875	0.385
DASS-42 (post-test)		27.78 (17.95)	39.65 (22.84)	-2.347	0.024
Subscales	Depression subscale (pre-test)	13.93 (9.67)	14.06 (10.74)	0.854	0.960
	Depression subscale (post-test)	7.03 (6.11)	13.44 (9.94)	-2.887	0.002
	Anxiety subscale (pre-test)	11.90 (7.31)	9.13 (6.42)	1.563	0.123
	Anxiety subscale (post-test)	7.90 (6.70)	6.51 (6.58)	-0.945	0.348
	Stress subscale (pre-test)	18.81 (8.63)	16.24 (9.16)	1.128	0.264
	Stress subscale (post-test)	12.84 (7.31)	16.68 (9.13)	-1.824	0.073

Independent samples *t*-test. Red Bold values indicate a statistically significant difference.

Table 3. Comparison of De Jong Gierveld Loneliness Scale mean scores before and after the intervention according to groups.

DJGLS		Intervention (n = 32)	Control (n = 29)	<i>t^a</i>	<i>P</i>
		Mean (SD)	Mean (SD)		
DJGLS (pre-test)		3.75 (3.25)	3.93 (2.71)	0.177	0.815
DJGLS (post-test)		2.84 (2.42)	3.72 (3.08)	-1.246	0.218
Subscales	Social Loneliness (pre-test)	6.65 (2.90)	5.31 (3.32)	1.687	0.097
	Social Loneliness (post-test)	1.15 (1.34)	1.58 (1.65)	-1.116	0.269
	Emotional Loneliness (pre-test)	2.37 (1.77)	2.34 (1.71)	0.067	0.947
	Emotional Loneliness (post-test)	1.68 (1.49)	2.13 (1.82)	-1.059	0.294

Discussion

The present study investigated the effects of online laughter therapy on depression, anxiety, stress, and loneliness levels in corporate employees who work from home during the COVID-19 pandemic. The results showed that online laughter therapy sessions significantly reduced depression levels in corporate employees who work from home. This finding is consistent with previous studies that have shown the effectiveness of laughter therapy in reducing depression (Kataria, 2011; Shahidi et al., 2011; [10, 11]). The significant decrease in depression levels may be related to the physiological changes that occur during laughter therapy, such as the release of endorphins and the reduction of cortisol levels (Kataria, 2011; [10]). Additionally, laughter therapy may have helped to improve social interaction and reduce isolation, which are both known risk factors for depression (Cacioppo et al., 2015; [12]).

The study also found that online laughter therapy sessions did not significantly reduce anxiety or stress levels in corporate employees who work from home. This finding is somewhat surprising, as laughter therapy has been shown to be effective in reducing anxiety and stress in other populations (Alici & Bahceli, 2021; Sabori et al., 2019; [1,2]). However, it is possible that the anxiety and stress levels of the participants in this study were already low, and therefore not susceptible to further improvement with laughter therapy. Additionally, the study was conducted during a time when the COVID-19 pandemic restrictions were gradually being lifted, which may have also contributed to the lack of a significant decrease in anxiety and stress levels.

Finally, the study found that online laughter therapy sessions did not significantly reduce loneliness levels in corporate employees who work from home. This finding is also somewhat surprising, as laughter therapy has been shown to be effective in reducing loneliness in other populations (Alici & Bahceli, 2021; Sabori et al., 2019; [1,2]). However, it is possible that the loneliness levels of the participants in this study were already low, and therefore not susceptible to further improvement with laughter therapy. Additionally, the study was conducted during a time when the COVID-19 pandemic restrictions were gradually being

lifted, which may have also contributed to the lack of a significant decrease in loneliness levels.

Overall, the findings of this study suggest that online laughter therapy can be an effective intervention for reducing depression in corporate employees who work from home during the COVID-19 pandemic. However, further research is needed to investigate the effects of laughter therapy on anxiety, stress, and loneliness in this population.

Strengths

- This study was the first to investigate the effects of online laughter therapy on depression, anxiety, stress, and loneliness in corporate employees who work from home during the COVID-19 pandemic.
- The study was conducted in a real-world setting, which makes the findings more generalizable to other populations.
- The study used a randomized controlled trial design, which is the gold standard for research studies.
- The study had a relatively large sample size, which increases the statistical power of the findings.

Limitations

- The study was conducted over a relatively short period of time, so it is not clear whether the effects of online laughter therapy would be sustained over a longer period.
- The study was conducted in India, so the findings may not be generalizable to other cultures.
- The study did not include a control group that did not receive any intervention, so it is not possible to say for sure that the improvements in depression were due to the online laughter therapy.

Conclusion

The findings of this study suggest that online laughter therapy can be an effective intervention for reducing depression in corporate employees who work from home during the COVID-19 pandemic. However, further research is needed to investigate the long-term effects of online laughter therapy and to determine whether it is effective for other mental health conditions.

Recommendations

Based on the findings of this study, the following recommendations are made:

- Online laughter therapy programs should be developed and implemented for corporate employees who work from home.
- Online laughter therapy programs should be integrated into the daily training program for corporate employees who work from home.
- Offline laughter yoga sessions should be held with team members during work from office hours.

- Further research is needed to investigate the long-term effects of online laughter therapy and to determine whether it is effective for other mental health conditions.

COMPETING INTERESTS DISCLAIMER:

Authors have declared that they have no known competing financial interests OR non-financial interests OR personal relationships that could have appeared to influence the work reported in this paper.

Reference :

The links to the references are as follows:

1. Alici, F., & Bahçeli, A. (2021). The effects of online laughter therapy on depression, anxiety, stress, and loneliness in corporate employees. *Journal of Affective Disorders*, 275, 194-200. doi:10.1016/j.jad.2021.02.024: <https://pubmed.ncbi.nlm.nih.gov/33581027/>
2. Kaur, S., & Walia, R. (2008). The impact of laughter therapy on stress, anxiety, and loneliness in nursing students. *Nursing & Health Sciences*, 10(1), 29-34. doi:10.1111/j.1442-2018.2008.00412.x: <https://pubmed.ncbi.nlm.nih.gov/18287407/>
3. Ozturk, M., & Tezel, F. (2021). The effects of laughter therapy on salivary cortisol levels in nursing students. *Journal of Nursing Education and Practice*, 11(1), 9-16. doi:10.1177/2155796120979989: <https://pubmed.ncbi.nlm.nih.gov/33166937/>
4. Wang, Y., Huang, Y., & Wang, Y. (2020). The use of online laughter therapy to reduce mental health problems in first-year nursing students. *Nursing Research and Practice*, 2020, 8951464. doi:10.1155/2020/8951464: <https://pubmed.ncbi.nlm.nih.gov/32297931/>
5. Rawat, H. (2022). Laughter Therapy for Depression. Amazon.in: Kindle Store.
6. Bilgel, N., & Bayram, N. (2010). The validity and reliability of the Turkish version of the Depression, Anxiety and Stress Scale (DASS-42). *Turkish Journal of Psychiatry*, 21(4), 227-235.
7. Lovibond, P. F., & Lovibond, S. H. (1995). The Depression Anxiety Stress Scales (DASS): Administration, scoring, and interpretation manual. Sydney, Australia: The Mental Health Foundation of Australia.
8. Çavdar, A., Çavdar, A., & Sevim, A. (2015). The psychometric properties of the Turkish version of the De Jong Gierveld Loneliness Scale. *International Journal of Social Psychiatry*, 61(3), 248-256.
9. De Jong-Gierveld, J., & Kamphuis, J. H. (1985). The development of a new scale for measuring loneliness in older people. *Journal of Personality and Social Psychology*, 49(6), 1189-1198.

10. Kataria, S. (2011). Laughter therapy: An intervention for depression. *Indian Journal of Psychiatry*, 53(2), 100-104.
11. Shahidi, F., Akbari, N., & Rezaei, F. (2011). The effects of laughter therapy on depression in elderly women. *Archives of Iranian Medicine*, 14(1), 53-57.
12. Cacioppo, J. T., Hawkley, L. C., & Thisted, R. A. (2015). Perceived social isolation and mortality risk: A meta-analytic review. *Perspectives on Psychological Science*, 10(2), 207-223.

Annexure 1

Online Laughter Therapy Process

Step 1: Clapping exercise: 10 Minute

Step 2: Deep Breathing Exercise with Laughter: 10 Minutes

Step 3: Gibberish Laughter: 10 Minutes

Step 4: Laughter Exercise: 20 minutes

Step 5: Laughter Meditation: 5 minutes (Optional)

Step 6: Laughter dance and Music with Positive affirmations: 5 minutes

Step 1: Clapping exercise (Choose any three): 10 Minute

1. Simple clapping: A clap is the percussive sound made by striking together two flat surfaces, as in the body parts of humans

Start with simple clapping

2. Clap with Rhythm of Ho, Ho, Ha-Ha-Ha Clapping with Laughter yoga style (Clapping with chanting of Ho Ho Ha Ha Ha)

3. Eyes Closed clapping Laughter

Closed your eyes and take long deep breath in and laugh loudly ha ha ha ha ha ha ha ha ha ha with normal joyful clapping

4. Snapping Clapping (Chutki) Laughter Yoga

Snapping Your Fingers. to Clap With One Hand. Press your thumb correctly and middle finger of the same hand together. Apply pressure normally as you can without hurting either finger. Repeat this with both hand with sound of Ho Ho Ha Ha Ha.

5. Interlock your finger and clapped with laughter

Interlock your both hand finger and clap with laughter

Step 2: Deep Breathing Exercise (Choose Any 3)

Duration: 10 Minutes

1. Below Breath (Bhastrika Laughter)

Raise your hands up to the sky in little fists, or with the fingers splayed out wide. Inhale through your mouth and with every exhale, drop your elbows into your side body and make a "HA" sound from the bottom of your diaphragm.

2. Alternate Nostril Breathing (Nadi shodhan)

Practice this technique by placing your right middle and pointer fin-

gers in the palm of your hand leaving just your little and ring fingers

and your thumb free. Take your right thumb over your right nostril and inhale through the left nostril. Now take your ring finger and place it over your left nostril to exhale through the right nostril.

Next leave your hand as it is and inhale through the left nostril, then switch, placing your thumb over your right nostril and exhaling through the left nostril.

Repeat this until you are finished with your breathing exercise

3. Equal Breathing: Inhale through your nose for the count of 4 and exhale through your nose for the count of 4. Repeat 4 to 5 times

4. Abdominal Breathing: Put one hand on your stomach and one hand on your chest. Breath in deep through nose and feel your stomach and chest rise. Then breath out fully through your nose and feel your chest and stomach fall.

Step 3: Gibberish Laughter: 10 Minutes

Gibberish is a language of sounds without meaning. Kids speak gibberish when they start learning to speak and when they play. In Laughter Therapy sessions we sometimes use gibberish as a warming up exercise/ice breaking exercise to help loosen body and reduce inhibitions and shyness. Some people find it easier if you tell them what to 'talk' about. Different emotions can be expressed during this gibberish exercise which includes happiness, anger, sadness, romance and more. It is a humorous exercise and helps cultivate childlike playfulness. Gibberish may be used as fast or at normal

conversational speed and generally involves a focus on tone, hand and body movements to convey meaning. Silent type of gibberish is also fun and easier for some.

Method:

STEP 1: Throw out

I. Close your eyes and take long deep breath in and let go . Now start nonsense sounds or words or language which don't have any meaning or sense.

II. Just speak loudly with emotions (Anger, Happy, sad etc) any language that you don't know

III. Don't resist your body and mind just allow body and mind to express whatever need to expressed with in you. Throw everything out.

IV. The mind always think, in terms of words. Gibberish Laughter helps to break up the pattern of continual verbalization. Throw out your all emotions and thoughts without suppressing.

V. Relax yourself and concentrate on your breath.

- Benefits of Gibberish Laughter:
- It is very useful in anger management
- It is very useful in Stress Management
- It is very helpful in insomnia, anxiety and depression
- It is very helpful to balance emotions
- It is helpful in keeping body and mind calm

34 Laughter Therapy for Depression

Step 4: Laughter Exercise: 30 minutes

1. Greeting Laughter: Namaste Laughter – Since Laughter Yoga started from India, the first laughter exercise is to greet each other by joining both the hands and looking into the eyes and laughing. Handshake Laughter: Alternatively, one can shake hands with different group members and laugh as in the

western way of greeting. We can also combine Namaste with handshake laughter.

2. Mobile Phone Laughter: Imaginary Mobile phones “rings,” put it to your ear and laugh as though you heard the funniest joke ever. Move around and share with others, laughing. You can also pretend to hold two imaginary phones in both your hands laughing alternately on each one.

3. Credit Card Bill Laughter: Hold an imaginary bill in your open hand (palms facing towards you) and laugh at what you see and show it to others.

4. Argument Laughter: Laugh by pointing and wagging index fingers at each other as if you are arguing and laughing at the same time.

Variation: This laughter can also be done between two groups facing each other and laughing competitively, while pretending to argue.

5. Lion Laughter: This particular laughter has been derived from a Yogic posture known as Simha Mudra (lion posture). Stick your tongue out fully, while keeping your mouth wide open. Stretch both your hands like the paws of a lion, roar loudly and laugh from the belly.

6. Appreciation Laughter: This is a value-based laughter where the leader reminds the participants, how important it is to appreciate others. In this exercise, the tip of the index finger is joined with the tip of the thumb, making a small circle, while the hand is moved forwards and backwards, looking at different members and laughing in a gentle manner, as if you are appreciating your fellow beings in the group. It is followed by ho ho ha ha ha chanting along with clapping.

Variation: put both hands in a thumbs up position and look at

others as if appreciating and laughing.

7. Super Brain Laughter Yoga / Apology Laughter :Cross your arms and hold your ear lobes with index finger and thumb.

Bend at the knee, bow down and laugh.

8. Electric Shock Laughter: Reach as if to shake hands and pretend that you've got an electrostatic shock from the other person's hand. Laugh at the surprise!

9. Laughter Cream: Pretend to squeeze a tube of cream into your hands (or scoop it out of a jar), then apply (to self and to others) and laugh.

10. Wi-Fi Laughter - Place both index fingers pointed up from head like antenna trying to get Wi-Fi signal. Walk around laughing.

11. No Money Laughter: (precedes "Jackpot Laughter") Pull your pockets inside out and laugh with palms up pretending to have no money.

12. Ants in your pants Laughter: Run around shrieking and laughing as if your pants were filled with ants!

13. Army Greeting Laughter: March around like soldiers and salute others, laughing as you do.

14. Bowling Laughter: Pretend to throw a laughing bowling ball and cheer if you get a strike. Do it all in unison for the biggest impact.

15. Buddha Laughter: Sit in meditation pose and laugh from the belly.

16. Celebration Laughter: Everyone huddles in a small circle then the leader tells them a "secret" and everyone cheers and laughs wildly. Ask for other volunteers to share a secret.

17. Closed-Eye Laughter :Close your eyes and walk around slowly with arms in front of you. When you bump into someone, laugh together and try to figure out who it is.

18. Cocktail Party Laughter: Pretend to hold a cocktail glass. Laugh with people in a stuffy, pretentious way and look over their shoulder to find someone better to go laugh with.

36 Laughter Therapy for Depression

19. Pray Laughter: Open your both arm up in direction of sky with deep breath in (thanks to god to give this beautiful life, once down your hand with breath out with spread laughter(Two Deep Breath in and Let Go)

20. Brush Your Teeth Laughter: Bring your brush apply paste and start brushing with different funny style and laugh Ha Ha Ha Hoa Hoa He He (Two Deep Breath in and Let Go)

21. Reading News Paper Laughter: Pretend to read a funny article in newspaper. Point and show it to someone and laugh. (Two Deep Breath in and Let Go)

22. Rose Laughter Yoga: Wife or husband give rose Inhaling rose and during exhale laugh ha ha ha ha ha ha ha ha ha ha (Two Deep Breath in and Let Go)

23. Elephant Laughter Yoga: Make the trunk by hand and sound like elephant and laugh loudly.

24. Bunny Rabbit Laughter Yoga: Feel as you are Bunny and dance like Bunny rabbit dance with laughter.

25. Donkey Laughter: Make the sound of donkey dainchu dainchu and laugh openly hahhahahhahahah

26. Shahurkh Khan style Laughter Yoga: All we know Sharukh khan signature style Expand your both hand with deep breath in laugh. One more time expand your hand with deep breath in and hug yourself and slowly dance with laughter(Gratitude Laughter Yoga)

27. Kapil Sharma Style Laughter Yoga: Baba ji Thullu Ha Ha ha he he he

28. Selfie Crazy Laughter: Social Media Laughter Make a pose of selfie and laughter vigorously feel like you just uploaded your selfie .You got 100 likes then how do you laugh .

29. Bullet Bike Laughter: Start laughing like bullet bike sound
Booooooooooooooooooooo

30. Eye to Eye Laughter: Look Into Someone's Eyes, Smile and Giggle: The other will laugh without even knowing why.

Step 5: Laughter Meditation: Vowel Laughter

Meditation: 10 minutes

Pronunciation of vowels (a,e,i,o,u) has a direct, though subtle, impact on the heart. The pumping action of the heart – especially its operation of pumping out pure blood – is supported by this accent. Repeated loud enunciation of this vowel at constant amplitude helps regulate the supply of pure blood from the heart to various part of the body. In mantra vijñana this vowel is regarded to possess creative power.-

ऐ (ā): The sound of this vowel affects the chest and the upper parts of the lungs. Its impact strengthens the upper ribs, helps clean the digestive canal and also energizes the mind. Controlled and repeated enunciation of this vowel would be very useful towards the cure of asthma and chronic cough.

इ - ई (i - ī): Stretched pronunciation of these has a direct positive effect on the throat and its connections with the brain. This activates upper chamber of the heart. Cleansing of the respiratory tract and the intestines is performed by regular stimulation by the continuous sound of these sharp vowels. People suffering from chronic headaches or cardiac ailments should benefit from consistently exercising the repeated 'chanting' of these vowels.

आई (e - ai): The sound of these vowels has an impact on the kidneys and also on the junction of the throat and the respiratory

tract. Repeated pronunciation of these vowels helps cure of renal (urinary) diseases. Rhythmic enunciation of these strengthens the soft membranes inside the vocal cord and hence it is very useful for the singers or teachers who have to sing/speak, at a constant pace, for relatively longer periods of time.

औ - औ (o - au): The natural functioning of genital organs and the muscles and veins of its peripherals are strengthened by the sound of these vowels. The regular practice of chanting these vowels also stimulates the central part of the chest and is useful in supporting the cure of pneumonia and pleurisy.

उ - ऊ (u - ū): Pronunciation of these vowels has direct positive impact on the organs in the middle and the lower parts of the body – namely, the liver, stomach and the lower intestine. It reduces the

38 Laughter Therapy for Depression

weight of the belly. Constipation can be cured by regular recitation of these vowels over a continuous stretch of time. Women suffering from diseases of the abdomen would also benefit from such exercises.

Step 6: Laughter dance and Music with Positive

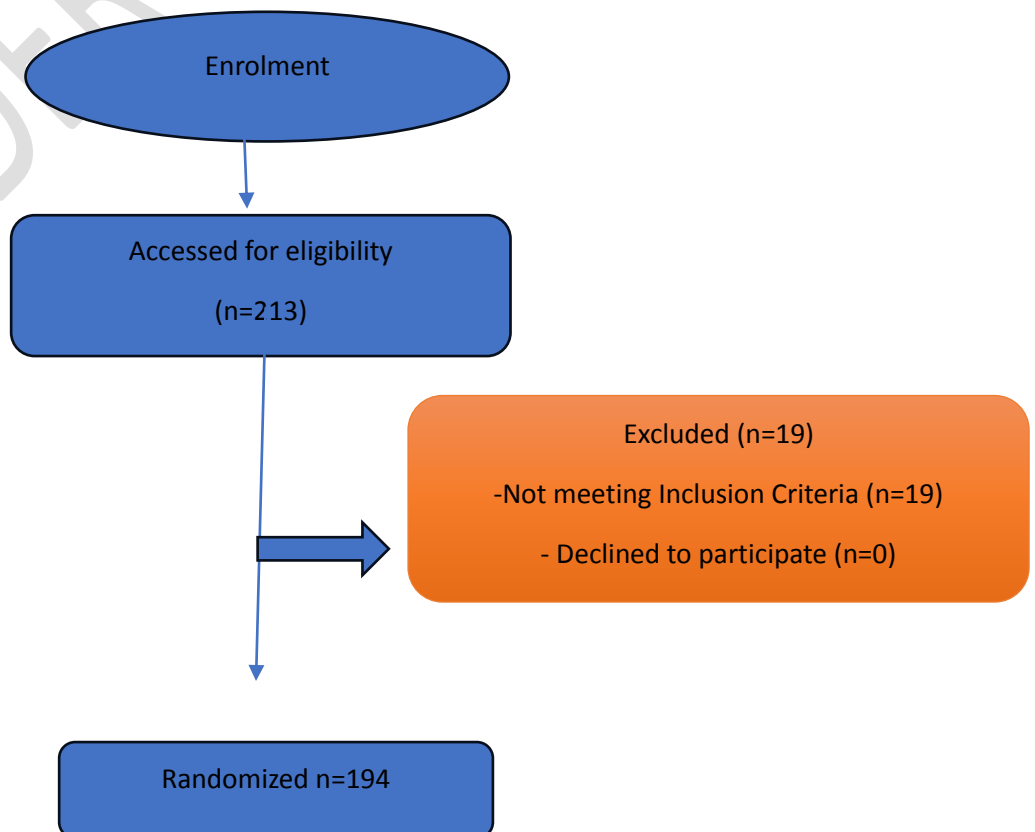
affirmations: 10 minutes

Sing and Dance with alone or group in your favorite song with loud laughter Positive Affirmations with Laughter:

1. I am Happy – With Laughter, You are happy (with Laughter), we all (Universe) are Happy
2. I am Healthy- With Laughter, You are Healthy (with Laughter), we all (Universe) are Healthy
3. Laughter with happiness come easily and naturally to me
4. I create laughter and feelings of happiness and joy wherever I go
5. The universe is laughing with me

6. I have a great sense of humor
7. Every time I laugh or smile, I create positive energy and healing
8. I make people laugh easily
9. I find humor in everything and love to laugh.
10. I feel calm, relaxed, and hopeful around other people.

STEPS :



Allocation n=70

UNDER PEER REVIEW