



# Laughter Therapy Challenge



## CHALLENGE DESCRIPTION:

Welcome to the **Laughter Therapy Challenge**! Laughter is a proven way to boost mental health, reduce stress, and increase happiness. Over the next 7 days, you'll take just 10 minutes each day to engage in something that makes you laugh. Whether it's a funny video, a comedy show, a humorous podcast, or sharing jokes with a friend, this challenge is designed to add joy and lightness to your day. Let's embrace the power of humor together.

### What are the Benefits of Laughter Therapy?

Laughter isn't just fun—it's incredibly beneficial for your mental and physical well-being. **Studies** show that laughter reduces stress hormones, boosts immune function, and releases feel-good endorphins. It improves mood, strengthens social connections, and helps cultivate resilience in the face of challenges. By incorporating more laughter into your day, you'll feel lighter, happier, and more resilient to life's challenges.

## THE CHALLENGE

1. **Commit** to spending 10 minutes daily for 7 days doing something that makes you laugh.
2. **Choose Your Source of Laughter:** This could be a funny video, a podcast, a comedy show, or something humorous you share with a friend.
3. **Reflect** at the end of each day on how you feel after your laughter session.

### Tips for Success!

- **Explore New Humor:** Try different sources of comedy to keep things fresh and exciting.
- **Share the Fun:** Laugh with friends or family—it's a great way to strengthen bonds.
- **Make It a Routine:** Set a consistent time for your laughter session, like during a break or before bedtime.

# DAILY TASKS

1



## Day 1: Watch a Comedy Clip

Take 10 minutes to watch a funny video or clip that always makes you laugh. This could be a stand-up routine, a funny YouTube video, or a viral TikTok. Choose something light-hearted that you know will bring a smile to your face. Make it even better by watching with a friend or family member to share the laughter!

2



## Day 2: Try a New Stand-Up Comedian or Show

Explore a new comedian or comedy series. Use streaming platforms to find a stand-up special or a comedy series you've never seen before. You might discover a new favorite!

3



## Day 3: Listen to a Humorous Podcast or Comedy Skit

For today's challenge, pick a comedy podcast or an audio skit to make you laugh. There are plenty of funny podcasts available, such as *Comedy Bang Bang* or *Conan O'Brien Needs a Friend*. Listen while you're commuting, walking, or taking a break.

4



## Day 4: Read Funny Memes or Cartoons

Take 10 minutes to scroll through some funny memes, cartoons, or humorous articles. Platforms like Instagram, Reddit, or Pinterest are goldmines for hilarious content. Find a funny meme that resonates with you and send it to a friend, creating a small, lighthearted moment in their day too.

5



## Day 5: Swap Jokes with a Friend or Family Member

Call up a friend or family member and engage in a 10-minute joke-telling session. Each of you can tell the other your favorite jokes or try to make each other laugh with silly anecdotes or puns.

6



## Day 6: Revisit a Classic Comedy from Your Childhood

Think back to a movie, TV show, or comedy that made you laugh as a child, and revisit it for today's challenge. Whether it's a classic cartoon, a sitcom, or a funny movie, watching something nostalgic can evoke great memories and lots of laughter.

7



## Day 7: Share a Laugh with Someone in Person

For the final day, connect with someone and share a fun, laughter-filled moment together. Whether it's watching a funny YouTube video or simply telling jokes to each other, enjoy this time to laugh with someone close to you. If you can't meet in person, set up a video call and do a virtual "laughing challenge" by telling each other your funniest stories or watching comedy clips together.

# DAILY TASKS

## CHALLENGE COMPLETE!

At the end of the week, think about how this challenge impacted your mood, stress levels, and overall outlook. Laughter is a simple yet powerful tool for enhancing well-being, so consider continuing this joyful habit long after the challenge ends. It's time to bring more joy into your life, so get ready to smile, chuckle, and laugh out loud!



# Congratulations on completing the Laughter Therapy Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

