



## Have a laugh!

Laughter releases endorphins - the body's natural painkiller, and results in an overwhelming feeling of euphoria, joy or insanity. It is frequently reputed to be the best medicine in the world and it has been proven to be effective at combating many forms of illness.

However, due to the increased levels of sadness and depression in the world, it has been estimated that almost 20% of all people don't get enough Laughter.

LET'S DO SOMETHING ABOUT THAT IN YOUR WORKPLACE!!

How do you think your workplace looks to others? How often do you hear laughter at work? Make your workplace a happy fun place to be!



## Make your New Year's resolution to laugh more!

### Ways to Laugh More

- Smile more – it's catchy
- Read cartoons and comics
- Befriend a Funny Person
- Watch your favourite Comedian
- Follow a funny TV series
- Learn to laugh at yourself
- Read a funny book
- Play games with your mates



Or... help make the world a better place by picking up one piece of plastic that doesn't belong to you and recycle it or get it to a bin. Together we all make a difference!

### Joke for January



Good health is merely the slowest possible rate at which one can die.

## Body Facts

One of the benefits of laughter is that it can help you tone your abs. When you are laughing, the muscles in your stomach expand and contract, similar to when you intentionally exercise your abs.

### What Is Laughter?

First of all, laughter is not the same as humour. Laughter is the physiological response to humour. Laughter consists of two parts - a set of gestures and the production of a sound. When we laugh, the brain pressures us to conduct both those activities simultaneously. When we laugh heartily, changes occur in many parts of the body.

### Tips for your New Year's Resolutions

- Be clear about your goal: make it realistic and measureable
- Imagine yourself achieving it
- Break it down into small steps
- Have a support buddy



Cheers  
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