



TOOGOOD
CONSULTING

Embrace your humanity.
Elevate your performance.

Mindful Monday, August 10, 2020

"Laughter is the closest distance between two people."

- Victor Borge

"There is no shared laughter in perfection," (Karen Eddington). There is plenty of opportunity for shared laughter when we are raw and real. Life, real life, is funny. We are all human. Our beauty lies in our imperfection. The more we learn and laugh together, the stronger our connections can be. There's plenty of good reasons to laugh!

Laughter is good for us. According to the [Mayo Clinic](#) there are benefits to laughing and finding the humour in a situation including activating and relieving the stress response, soothing tension as well as improving immune system function and mood.

In her Ted Talk, (14 min)

[The Connecting Power of Shared Laughter](#), Karen Eddington encourages us to be real with each other, to celebrate our flaws and to laugh together to create community and mitigate mental isolation. She notes that laughter has the power to shift the distance between us. Sharing a laugh with someone particularly about a flaw or a failure celebrates our humanity, creates a collective experience, and bonds us together. Shared laughter signals that we see the world in the same way and this is an important part of the story of relationships. Additionally, a recent study suggests that "people who laugh together like each other more," a good reason to share a chuckle with those around us.

"Humor is a very powerful tool in the workplace. Evidence suggests that it builds trust, forges bonds among colleagues, helps us cope with stress, and inspires creativity and problem solving. In short, laughter is the secret weapon for building great teams." Please [click here](#) for the full article from the Business Insider: Laughter is the sign of a strong team – and a trust-worthy leader.

Today, we encourage you to connect with others around laughter. To share your imperfections, to celebrate your human self, to share your experiences and to close gaps with connections created through laughter.

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LAUGHTER IS GOOD MEDICINE

Laughter is contagious.
It does not only brighten the moment but also triggers healthy physical changes in the body. Research from the University of Maryland Medical Center and University of Texas suggests that laughter has many benefits, and studies have shown some heart-boosting effects of laughing.

BENEFITS OF LAUGHTER

- Reduces inflammation in arteries
- Low stress hormones
- Gives your heart a workout
- Strengthens your immune system
- May improve cholesterol levels
- Decreases Anxiety
- May decrease inflammation in blood vessels
- Provides energy boost
- Lowers blood pressure
- Combats depression

Indeed, laughter is the best medicine. So when was the last time you had a good laugh?

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