BENEFITS of LAUGHTER and FUN

Laughter releases more endorphins than morphine  True/False
Hearty laughter burns calories  True/False
Laughter increases oxygen intake  True/False
Laughter boosts immunity  True/False
Laughter can lower blood pressure  True/False
Laughter helps to reduce unhealthy stress  True/False
Fun improves creativity and teamwork  True/False
Fun improves communication  True/False
Fun reduces conflict and tension  True/False

SOURCES OF LAUGHTER INCLUDE:

Videos
E-mails
Yourself
Other____________________________________________________________

WAYS to INCREASE FUN at WORK INCLUDE: __________________________

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Other takeaways from this workshop include:

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NOTES: