

Ten Top Tips For Laughter

1. Be playful in your life, find new hobbies, join new clubs and try new things, see what you can discover.
2. Give yourself PERMISSION to laugh, be WILLING to laugh at any time you need to.
3. Dress up in fancy dress and bright colours, wear a silly hat/ wig/tie/moustache.
4. Laugh when others laugh, letting go with laughter is a wonderful thing to share.
5. Watch comedy shows, DVD's, listen to funny radio programmes, swap hilarious videos or books with friends.
6. Play with the different laughter sounds and aim to laugh for 5 minutes a day, even on your own, FAKE IT TILL YOU MAKE IT!
7. Watch how children play and copy some of their ideas, they are experts at laughing.
8. Wear a smile; it brings you closer to laughing!
9. Do one silly, non-conformist thing every day, dare yourself to try something different.
10. Share really embarrassing stories with friends or family and remember previous times when you were in fits of giggles.

www.laughterlinescoaching.co.uk

Ten Top Tips For Laughter

1. Be playful in your life, find new hobbies, join new clubs and try new things, see what you can discover.
2. Give yourself PERMISSION to laugh, be WILLING to laugh at any time you need to.
3. Dress up in fancy dress and bright colours, wear a silly hat/ wig/tie/moustache.
4. Laugh when others laugh, letting go with laughter is a wonderful thing to share.
5. Watch comedy shows, DVD's, listen to funny radio programmes, swap hilarious videos or books with friends.
6. Play with the different laughter sounds and aim to laugh for 5 minutes a day, even on your own, FAKE IT TILL YOU MAKE IT!
7. Watch how children play and copy some of their ideas, they are experts at laughing.
8. Wear a smile; it brings you closer to laughing!
9. Do one silly, non-conformist thing every day, dare yourself to try something different.
10. Share really embarrassing stories with friends or family and remember previous times when you were in fits of giggles.

www.laughterlinescoaching.co.uk

Ten Top Tips For Laughter

1. Be playful in your life, find new hobbies, join new clubs and try new things, see what you can discover.
2. Give yourself PERMISSION to laugh, be WILLING to laugh at any time you need to.
3. Dress up in fancy dress and bright colours, wear a silly hat/ wig/tie/moustache.
4. Laugh when others laugh, letting go with laughter is a wonderful thing to share.
5. Watch comedy shows, DVD's, listen to funny radio programmes, swap hilarious videos or books with friends.
6. Play with the different laughter sounds and aim to laugh for 5 minutes a day, even on your own, FAKE IT TILL YOU MAKE IT!
7. Watch how children play and copy some of their ideas, they are experts at laughing.
8. Wear a smile; it brings you closer to laughing!
9. Do one silly, non-conformist thing every day, dare yourself to try something different.
10. Share really embarrassing stories with friends or family and remember previous times when you were in fits of giggles.

www.laughterlinescoaching.co.uk

Ten Top Tips For Laughter

1. Be playful in your life, find new hobbies, join new clubs and try new things, see what you can discover.
2. Give yourself PERMISSION to laugh, be WILLING to laugh at any time you need to.
3. Dress up in fancy dress and bright colours, wear a silly hat/ wig/tie/moustache.
4. Laugh when others laugh, letting go with laughter is a wonderful thing to share.
5. Watch comedy shows, DVD's, listen to funny radio programmes, swap hilarious videos or books with friends.
6. Play with the different laughter sounds and aim to laugh for 5 minutes a day, even on your own, FAKE IT TILL YOU MAKE IT!
7. Watch how children play and copy some of their ideas, they are experts at laughing.
8. Wear a smile; it brings you closer to laughing!
9. Do one silly, non-conformist thing every day, dare yourself to try something different.
10. Share really embarrassing stories with friends or family and remember previous times when you were in fits of giggles.

www.laughterlinescoaching.co.uk