Laughter: The gate to our inner healing pharmacy

Dimitrios Morfis
The Open University of Cyprus, Cyprus

It is no secret that laughter and humor can produce beneficial results for our lives. They fill us with happiness, joy and emotional completion. But, what happens when jokes end? When all the problems in our mind map seem a dead-end? Laughter in the form of Laughter Wellness backs up every positivity as well as mindfulness theory and literature. Someone could compare it with a state where everything around may seem negative, but you choose to say to yourself and the others: “I will make it” “Everything is going to be fine”. And then things happen because you asked for it. In Laughter Wellness, we do not react to a joke or another condition. We choose to laugh because we can. Besides a choice, Laughter Wellness is a recent interactive practice that involves individuals and groups as a context to heal. It focuses on developing a positive attitude and is designed to improve physical, mental, emotional and especially social wellbeing and integration. It is also a way of life. While getting us to a state from “I can't to “I can”, Laughter Wellness provides a channel for many physiological changes to occur. It is a method that opens our inner physical and mental pharmacy. When combined with exercise, and activities like diaphragmatic breathing, clapping and affirmations, then the positive impact on our health tremendously increases. Many examples can confirm its value. Participating as an individual or group, the effects on the organism can vary from promoting connectedness and resilience to regulating endothelium blood flow against cardiovascular disease, lowering stress hormones, and additionally blood sugar levels in people suffering from diabetes. Laughter Wellness welcomes and hugs all emotional states. During the minimum 20 minutes to maximum several hours’ sessions, participants are encouraged to experience body and soul healing by laughing, crying, feeling nostalgic, and accepting that imperfection is good for self-improvement. In every session, each participant is responsible with or without his/her written consent for participation. Although laughter has not been reported to have serious contraindications, in cases with severe mental or physical disease, advice from the doctor is essential. After all Laughter Wellness is a practice to enjoy, connect, engage and receive all benefits without new pain. As scientific studies continue to discover new findings over the healing use of laughter, such practice will continue to spread its positive impact to many communities worldwide.

Biography

Dimitrios Morfis is a Psychology graduate from Panteion University of Athens, Greece with MBA studies as his Master’s degree from the Open University of Cyprus. He has worked for large organizations in Greece and Cyprus, both in Governmental and non-Governmental ones. He was a member of the Cyprus Youth Council-Pool of Trainers, and has coordinated engaging and thought-provoking workshops and seminars. He has graduated from Laughter Online University, where he was trained by Laughter Wellness Creator, Mr. Sebastien Gendry, and coached by Laughter Wellness Mentor, Elias Koumpounis in Elias Laughter Academy in Greece. Since his graduation, he has successfully organized more than 40 workshops in Greece and Cyprus, with a determination to spread the healing aspect of laughter to the community.

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