

Wheel of Well-being

Three-minute Laughter Yoga



Overview

Laughter yoga combines deep breathing with playful laughter exercises to flood the body and brain with oxygen — leaving you energized, alert, and mentally relaxed. This quick three-minute group activity gets everyone moving and laughing, and because the body can't tell the difference between real and pretend laughter, the benefits are the same. So go ahead — fake it till you make it!



Why do this?

A good sense of humour won't cure everything, but [science shows](#) that laughter does wonders for both body and mind. Laughter boosts oxygen flow, stimulates the heart and lungs, releases feel-good endorphins, and eases tension by relaxing your muscles and calming your stress response. Regular laughter strengthens your immune system, helps relieve pain, lifts your mood, and makes it easier to connect with others and cope with challenges. So go ahead—laugh often. It's one of the simplest ways to feel better inside and out.



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Instructions

Step 1: just relax

To start, just take a deep breath in and raise your arms above your head. Stretch up as if you're trying to touch the ceiling. Drop your arms down beside you with a big loud sigh. Repeat three times.

Step 2: practice laughing

-  Put your hands around your belly and make a deep 'HO, HO, HO' laugh – like you're imitating Santa Claus.
-  Now raise your hands to your chest area and open your heart region by making a hearty 'HA, HA, HA' laugh. Finally, bring your hands up to your ears and make a high-pitched 'HEE, HEE, HEE' sound.
-  Finally, gently tap the top of your head and make your own personal laughing sound.
-  Try this a couple of times - speeding up a little each time.
-  Feeling a bit silly? That's good! It might help to remind yourself that the original meaning of the word 'silly' was 'blessed'

Step 2: the finale

-  Combine the 'HOHOHO', 'HAHAHA' and 'HEEHHEEH' laughs with your own laughing sounds and instead of language, use laughter to pretend:
 -  You've just won the lottery
 -  You're eating very hot food
 -  You're getting washed in a very cold shower
 -  You're conducting an orchestra You're having a conversation with someone who annoys you

(Move your body as much as you want – just remember to use laughs, not words!)



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