

## Laugh Your Way to Better Health

Laughter has been shown to decrease depression, lower blood pressure, increase endorphin production and expand lung capacity. Laughter Yoga, founded by Dr. Madan Kataria, is a style of yoga that starts with simulated laughter and moves from snickering to guffawing and then to continuous, howling laughter.

Studies show that 10–15 minutes of continuous, howling laughter promotes physical and mental wellness. These yoga classes can be a fun way to build community which also decreases stress. Seek out Laughter Yoga in your community to engage in a fun way to improve your health.

For more tools to increase your happiness, go to Member Intake at [NuVantage.org](https://www.nuvantage.org) or call **800.577.4727** to schedule an appointment with a behavioral health counselor.

**“Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectations.”**

*– Norman Cousins, American journalist, author, peace advocate*



Free and confidential.  
24 hours a day, 7 days a week.

**800.577.4727**

[NuVantage.org](https://www.nuvantage.org) | [nuvantage@lssmn.org](mailto:nuvantage@lssmn.org)



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