



# Columbus Laughs

Jonathan L. Liss, M.D.

Columbus  
**M**emory=**MC**<sup>2</sup>  
**C**enter

# Columbus Laughs

“Columbus Laughs” is a Columbus Memory Center initiative to improve the health of our citizenry. The effort will consist of virtual laughter therapy and laughter yoga exercises to elevate mood, reduce stress, improve job/life satisfaction, and the overall well-being of willing participants. Columbus Laughs is funded by Columbus Memory Center, as part of the Columbus Memory Project™ and the Healthy Brain Initiative.

# What is Laughter Therapy?

Laughter therapy uses the physical mechanics of laughing to improve a mental and physical health.

# The Science of Laughter

Laughter:

Releases endorphins that make us feel happier, reduces pain, improves sleep, and boosts the immune system.

# Benefits

Laughing activates the reward center of the brain and suppresses the brain's pain center, which leads to:

- Elevated mood
- Tension and stress relief
- Pain reduction
- Improved job/life satisfaction
- Increased productivity
- Increased blood/oxygen circulation
- Improved social interaction
- Reduced blood pressure
- Boosted immunity

# How It Works

2020

## Step 1

Warm up. This can include clapping, chanting and movement.

## Step 3

Playfulness. Clap and chant to induce the release of endorphins.

## Step 2

Deep breathing. Inhale deeply to engage the ribs, chest and abdomen. Sigh on exhale.

## Step 4

Laughter exercise. Laugh heartily and deeply.

# Thank you!

Columbus Memory Center  
[communication@lissmd.com](mailto:communication@lissmd.com)



7196 North Lake Drive | Columbus, Georgia 31909  
706.327.400