Adopting Laughter Therapy to Get Dosage of Happy Hormones

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Abstract

Statement of the Problem: There is a lack of awareness about what are happy hormones and what can be done to get them. People tend to feel unhappy for multiple reasons and sort towards Addiction & Alcoholism and commit suicides in some cases.

Methodology & Theoretical Orientation

Review of Books and Research shows that feeling good and taking care of our emotional well being will resolve the problems of Addiction, Alcoholism and it will decrease suicide rates as well. Adopting Laughter therapy and getting hormones which makes one feel good will help many to recover from Depression & Anxiety thus reducing suicidal rates.

Findings

One needs to work on his/her energies using Laughter Therapy which is a positive approach for not having Depression & Anxiety or use it as a Holistic way to recovery.

Conclusion & Significance

The Laughter therapy which includes ways to get the dosage of happy hormones promotes overcoming Depression & Anxiety using a fun way. Leading fulfilling lives encourages people to get a new life away from Addiction & Alcoholism. Repeated sessions to be conducted to remind people that the new life should go beyond just seeking medical and counselling help and also include rebuilding Spiritual, Physical, Emotional, Relational and Mental health. The model has been put together from for testing in many settings including hospitals, elderly homes and senior citizen centres. This is not a research book or paper. It is just an effort to demystify the help available for Depression & Anxiety. It is an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

Biography

Ms. Suchi Deshpande is an experienced International Pre School Principal/Manager who learnt Laughter exercises from many coaches around the world. She then designed Laughter Therapy which is being used in many places such as hospitals and Senior Activity Centres. She provides individual and group therapy in educational and home settings.

A former Manager/Trainer i.e. now engages in building social awareness about ‘Depression & Anxiety’ and the harm it brings to people, families and communities. Her aim is to encourage people to seek help early and get on the path to recovery. Her works has been featured in local press, TV and Radio and has been an invited speaker at various community clubs and educational Institutions. She has also been awarded by MINDS and various community clubs in recognition of her social work.

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