



December 2023

*Hello HO HO HO
Friends & Laughter YOgis,
Happy HOlidays!*

I hope this message finds you well and with some festive and restful moments during these busy times. It's so easy to get stressed as we rush around in anticipation. Remember to unplug whenever you feel the need to recharge your batteries.

The end of last year and Spring of this year was particularly challenging for me, as I said some sad goodbyes... my Uncle Joe and Aunt MJ. Then, my Dad passed away in March. They all lived long lives but I miss them dearly. I got busy planning their Celebration of Life events and that, along with my laughter helped me process much of the grief. I continued to lose friends this year and am reminded that each day is such a gift. Don't overlook the special little moments.

I kept active this year, as I started up in-person events and trainings again (since going more virtual during the pandemic). Oh how great it felt to laugh in person again! I am grateful for having had the opportunity to share my programs with a variety of participants. I love to teach and lead certification trainings for laughter leaders and teachers and keep learning so much in the process. What I love about my job the most, is that it never gets boring. I am fortunate to laugh with so many different groups and it's always challenging and exciting. No two sessions are the same.

For example, in October, I held a leader training for some mental health staff at the Pennsylvania US Veterans Association. I led two sessions of 150 students each at a New Jersey High School for their Mental Health Day. In December I shared my program with Drexel U. anesthesia nursing grads, who experience lots of overwhelm and suicide in their medical profession. This December I led a break-out Laughter Yoga session (the only wellness program) at the 10th Conference of States Parties for the UN Convention against Corruption in Atlanta where 2500 people from 150 countries gathered. (Yes, serious events like that can definitely benefit from more laughter!) In February I will be returning to Temple U. Hospital for their Heart Failure Awareness Week. This marks my 8th year of sharing Laughter Yoga with them during Valentines Day week.

May the turbulence and strife that we are experiencing throughout the world turn into peace. May we hold a space for those who are struggling and keep an open, compassionate heart and mind. May we find ways to come together and celebrate our humanity, instead of creating more differences. May we always look toward the light, remember to laugh, even when times are tough.

Happy holidays and have a healthy & joyful 2024!



Alexa