

# LAUGHTER YOGA FOR STRESS RELIEF, RESILIENCE & WELL-BEING

## the benefits and applications

### SOCIAL WORKERS-

[Social Workers are Laughing](#)

[Laughter Yoga as a Social Work Intervention](#)

[Eight Best Laughter Yoga therapy exercises for your classes](#)

[Laughter Yoga as Self Care Practice for Social Workers](#)

## Laughter Yoga Medical Studies

[Laughter and mental health: a case study of Dr. Madan Kataria](#)

[The Effect of Laughter Yoga on the Quality of Life of Elderly Nursing Home Residents](#)

[Effect of laughter yoga on mental symptoms and salivary cortisol levels in first-year nursing students: A randomized controlled trial](#)

[Psychophysiological Responses to Laughter Yoga in Women: Two Studies on the Visual and Practice Effects of this New Physical Activity](#)

[The impact of laughter yoga on subjective wellbeing: A pilot study](#)

[Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study. Altern Ther Health Med](#)

[Laughter's Healing Potential: A Comparison of the Cardiovascular and Psychological Effects of Simulated and Spontaneous Laughter](#)

[No laughing matter: Qualitative study of the impact of laughter yoga suggests stress inoculation](#)

[Emotions and Health: Laughter Really Is Good Medicine](#)

[Research Paper: The Effect of Laughter Yoga on the Quality of Life of Elderly Nursing Home Residents](#)

[Humor and Laughter May Influence Health: III. Laughter and Health Outcomes](#)

[Laugh Yourself into a Healthier Person: A Cross Cultural Analysis of the Effects of Varying Levels of Laughter on Health](#)

[Laughter yoga activities for older people living in residential aged care homes: A feasibility study](#)

[Communicational Method of Impact of „Exercise of Laughter Yoga“ on the Elderly Behaviour](#)

[A Study to Evaluate the Effectiveness of Laughter Yoga Exercises on Stress Reduction due to Online Classes among 1st Year B.Sc. Nursing Students in Mother Teresa College of Nursing, Pudukkottai](#)

[Humor Theories and the Physiological Benefits of Laughter](#)

[The inhibitory effect of laughter yoga on the increase in postprandial blood glucose in type 2 diabetic patients](#)

[Cardiovascular responses to laughter: A pilot project](#)

[The effect of laughter Yoga on general health among nursing students](#)

[Beneficial effect of laughter therapy on physiological and psychological function in elders](#)

[Letter on Shahidi et al. \(2011\): "Laughter Yoga versus group exercise program in elderly depressed women: a randomized controlled trial" I -- first things first! Caveats in research on "laughter yoga](#)

[Impact of laughter yoga on level of stress among the elderly in selected old age home at Uttar Pradesh \(India\)](#)

[Effects of a laughter program on body weight and mental health among Japanese people with metabolic syndrome risk factors: a randomized controlled trial](#)

[Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study](#)

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