

Mindfulness of Laughter

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Consider a time when laughter came naturally to you. How did it make you feel? Through both experience and scientific research, we know that laughter helps to ease stress and brings a lightness to both mind and heart.

Though laughter does not take our difficulties away, it can help to ease the weight of our concerns and frustrations. Even if laughter does not arise naturally in certain circumstances, it is something we might explore where our seriousness is not required in the moment.

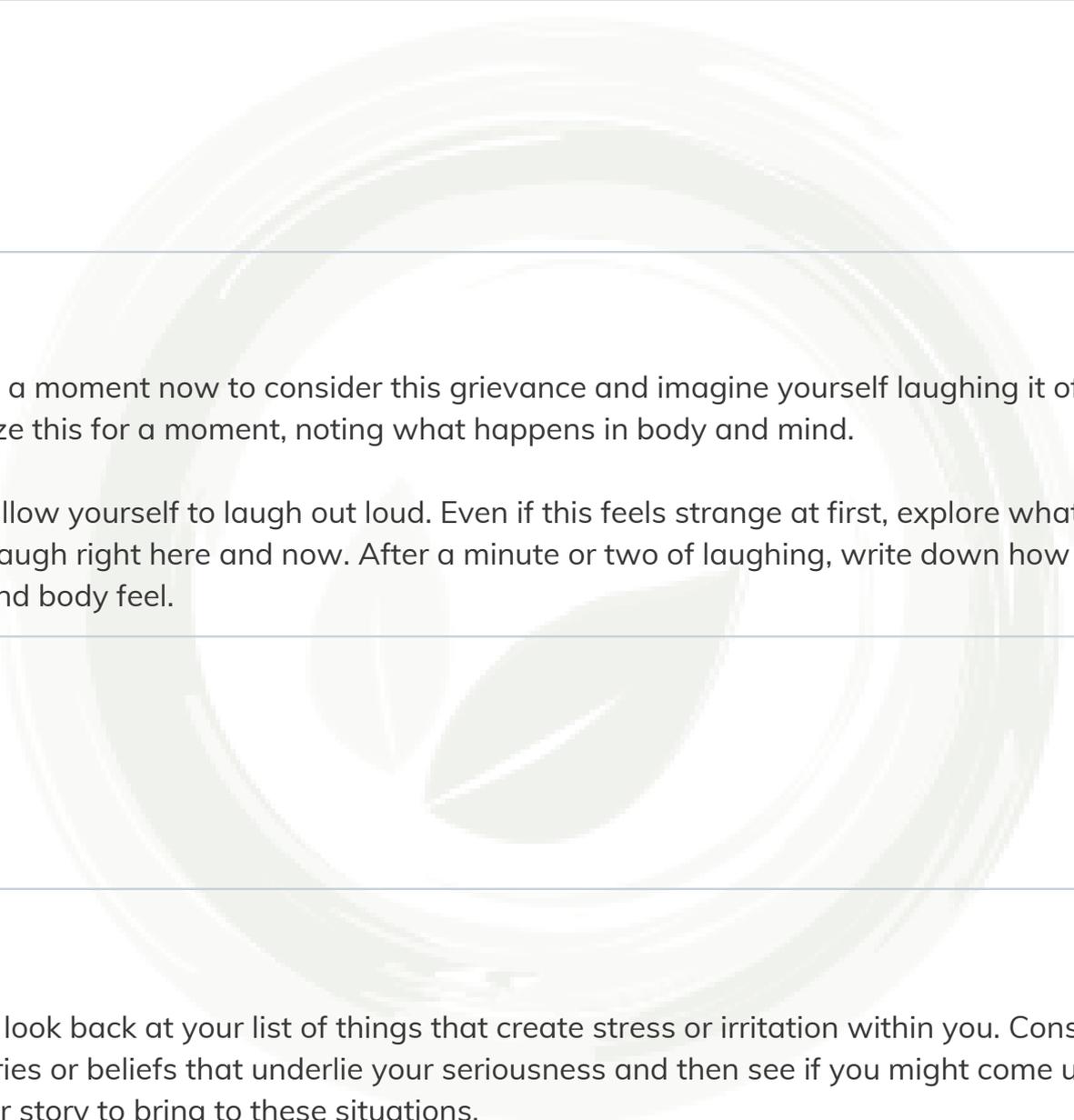
PRACTICE:

1. Begin by making a list of all the things that cause you worry, stress, or frustration – the small grievances or stressors of life. Consider all the small things that arise in life, such as late buses or trains, other people's opinions, daily chores, and deadlines.

Mindfulness of Laughter

Mindfulness Worksheet

2. Choose one of these small grievances and imagine what it would be like to take five mindful breaths through the experience of it. How would this shift your experience? What else might you do to respond differently?



3. Take a moment now to consider this grievance and imagine yourself laughing it off. Visualize this for a moment, noting what happens in body and mind.

Then, allow yourself to laugh out loud. Even if this feels strange at first, explore what it feels like to laugh right here and now. After a minute or two of laughing, write down how both mind and body feel.

4. Now look back at your list of things that create stress or irritation within you. Consider the stories or beliefs that underlie your seriousness and then see if you might come up with a lighter story to bring to these situations.

For instance, if you tend to feel stressed about missing the train, an underlying story might be, "If I am late, I will be in trouble." A new story you might consciously invite into your awareness could be, "Things happen that are out of my control. If I am late, I will breathe through my stress about it."

Mindfulness of Laughter

Mindfulness Worksheet

5. Consider the power of laughter. How might you invite greater laughter into your life? Write down any practices or resources you might use to bring this sort of lightness to heart and mind.

