



LAUGH YOUR WAY OUT OF ANXIETY AND INTO EMBODIED WELLNESS

Do you have students who struggle with anxiety?

Has COVID seen anxiety levels rise in your setting?

This one hour workshop will equip you with practical skills that can be put to use immediately to empower your students to laugh their way out of anxiety and into embodied wellness.

WHY LAUGHTER?

- Laughter lowers stress hormones.
- Laughter is mindfulness in motion: when you are laughing you cannot think about the past or catastrophise about the future.
- Laughter releases endorphins, counteracts pain, shifts our perspective and supports us to bond and connect with others.
- Laughing builds emotional resilience.
- Best of all laughter is fun!

Workshop contents:

Body scan meditation

Therapeutic Laughter activities

Strategies to calm the mind through movement

For more information contact
Katie on thebestmedicine@outlook.com

Discount Code
Quote: CAPH2020