

A Recipe for Joy

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May 11, 2021

Within calmness, we can tap into our power. How do you address stress in difficult times? How do you stay connected to yourself and others? In the next PYE Creative Catalyst session explore laughter, movement and the arts to recognize, process and transform stress in order to reconnect with your inner-strengths and re-ignite your power.

You already have all it takes to reconnect with your agency to reclaim the source of your power.

Resources:

- [Slides](#) from the workshop
- Music from the workshop - [Spotify Playlist](#)
- A recording of the [CHAT and a couple IMAGES](#) from the session

References to read more/inspirations for this session:

- "Burnout: The Secret to Unlocking the Stress Cycle" (2019) by Emily and Amelia Nagoski
- "Together" (2020) by Vivek H Murphy
- "Resilient, Find Your inner Strength" (2018) by Rick Hanson
- "[Why We Laugh](#)" Sophie Scott, neuroscientist, TED Talk

About Laughter

1. Laughter reduces stress; it can heal

- Increases serotonin and endorphins in the brain
- Replenishes lungs
- Relaxes muscles and relaxes, eases the tensions in the body
- Reduces the stress hormones in the brain
- Protects the heart
- It can literally heal - study from 2003 (The Effect of Mirthful Laughter on Stress and Natural Killer Cell Activity) Mary P. Bennett, DNSc, RN, Janice M. Zeller, PhD, RN, FAAN, Lisa Rosenberg, PhD, RN, Judith McCann, DNSc, RN

2. Laughter strengthens relationships and community

- It can diffuse conflicts
- It promotes group bonding, we relate to each other better
- Attracts us to each other
- We're 30 times more likely to laugh with somebody else than by ourselves
- "In laughter we use an "ancient evolutionary system that mammals have evolved to make and maintain social bonds and regulate emotions." Sophie Scott, neuroscientist
- People who laugh together, like each other more; "How Laughter Brings Us Together"

3. Laughter helps us put things into perspective