

**'Laughter is officially the Best Medicine'**  
**10 Top Tips to Take away**

**'Compiled by Pippa Evans and Keith Palmer for Dell's Turn Off Tune In Conference.'**

1. Laughter is not only fun, it feels great, releases stress and is proven to be good for your immune system. It increases the production of anti-infection antibodies and T-cells in the blood that help protect us from infections. Furthermore, when you laugh, your brain releases endorphins, reduces stress hormones such as cortisol, reduces blood pressure and increases circulation.  
<https://www.stjohns.health/blog/2020/march/laugh-during-social-isolation-to-boost-your-immu/>
2. Find ways to laugh at whatever situation you find yourself in. It may not always be easy, but when we think about the situation we are in from a different perspective, there is usually something. If you are finding this hard, imagine what your favourite comedian might say.
3. Remember what you might laugh with someone about is dependent on your relationship. If you are old friends you will have a humour shortcut - shared experiences and a knowledge of boundaries. If this is a new relationship, it won't be as clear. If in doubt, leave it out.
4. Embrace failure and fail forwards - Failure is learning in disguise. It may hurt, but we will learn.
5. Professor Sophie Scott (who also dabbles in Stand Up comedy) found in her studies that people laughed the most at people who were trying not to laugh. Search for videos of news presenters who have got the giggles. We bet you won't be able to keep a straight face!
6. **Smile.** Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. Notice the effect on others.
7. Don't be afraid to lighten up -Surround yourself with reminders, keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.
8. Prepare well and give yourself plenty of time, rather than throwing together a few PowerPoint slides the night before – Don't give stress an opportunity
9. Be yourself. The best way of engaging your audience is by being authentic from the start.
10. Remember Laughter is the cheapest therapy you'll ever get – Let it in!!!

