



Exercise 6

Summary:

Goal: Use laughter to release tension, shift your mood, and create the perfect conditions for flow by triggering the release of happy hormones.

Process:

1. **Find a Comfortable Space:** Sit or stand in a relaxed position, free from distractions.
2. **Deep Breaths:** Inhale deeply through your nose, and exhale fully, releasing initial tension.
3. **Fake It Until You Feel It:** Start with forced laughter ("Ha-ha" or "Ho-ho"), even if it feels awkward.
4. **Increase the Intensity:** Gradually exaggerate the laughter, letting it grow louder and more energetic.
5. **Engage Your Body:** Involve your whole body — move your chest and shoulders, and feel the laughter spread.
6. **Let Go of Judgment:** Laugh freely without worrying about how you sound.
7. **Continue for 1-2 Minutes:** Laugh for at least one to two minutes to deepen relaxation and joy.
8. **Feel the Shift:** Pause and notice the shift in your mood and body.
9. **Ride the Wave of Flow:** Use this lighter, joyful state as a starting point for flow.

Benefits:

- Releases endorphins and reduces stress
- Enhances mood and creates mental clarity
- Dissolves tension and resistance
- Makes flow more accessible by fostering playfulness and creativity

Application:

Incorporate laughter into your daily routine, especially during stress or frustration. By forcing laughter at first and allowing it to grow, you can shift your state, making it easier to enter flow. Laughter can be a powerful reset before creative tasks, problem-solving, or when you need an emotional lift, bringing more joy and spontaneity into your life.