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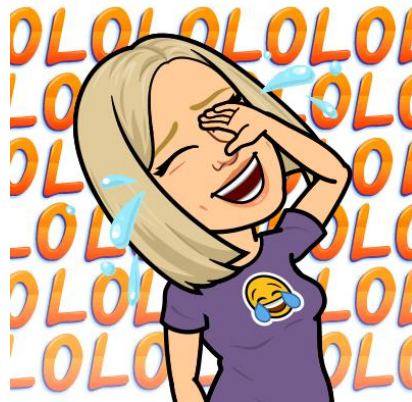
My IN OPINION...

By Jane Dvorak, APR, Fellow PRSA

Time to “Giggle a Bit”

It’s National Belly Laugh Day. WOOHOOO!

Personally, I feel like this is a celebration made just for me, but in reality, it’s something we should all take seriously. Belly laughing, that is. (yep, I’m snickering a bit on that last sentence)



Can you remember the last time you really full out belly laughed? Really let the full bodied giggle build to a full on boisterous cackle interspersed with snorts? No? Oh.... I’m sorry.

I’m sorry because you’re missing a chance to benefit from that (or any laughter for that matter) moment of uncontrolled, uninhibited positive energy. Yeah, this blog just took a serious turn.

When we laugh, we learn. Truly. We are able to put away barriers that can close our thoughts, perspectives, even our decision making. We can open the doors to our creativity, problem solving and even better, our health.

Laughter can increase your oxygen (those gasps between guffaws), diminishes pain, reduce stress and can even strengthen your immune system. The best benefit – you’re burning calories, what better way to lose weight!? Ok, that might be overstated, you might still need the gym, but for every 10-15 minutes of laughter a day you burn about 40 calories.

So, embrace the lighter side of life and boost your productivity, morale and health. Heck, there’s a day to celebrate it, it’s the least you can do to get a giggle, snicker, belly laugh on.

As I always say, #LaughOften!