

HeartIgnited™ ...full expression in work and life

*HeartIgnited™ Tip (or HIT) Series
by Debra Trachy, Life and Transition Coach*

For thirteen weeks, I will be sharing a *HeartIgnited™* coaching tip or HIT that you can immediately apply to your life.

HeartIgnited™ Tip (HIT) #4: Laughter©

- How often do you laugh each day?
- What makes you laugh out loud?
- Chuckle to yourself?
- This week notice how often you laugh and with whom.
- Make sure you spend more time with those who make you laugh!

Laughter is an elixir for the Soul!

To quote Martha Beck from her book "The Joy Diet" (page 154) that can be found on my Resource page at www.heartignited.com:

"...when you survey the medical research on the way laughing affects the body: Laughter - even the anticipation of laughter - shifts our internal chemistry measurably, reducing stress hormones and increasing the number of natural virus-killer cells available to fight diseases from colds to cancer. It also triggers the release of endorphins, hormones that lessen the perception of distress and makes us feel fabulous."

Martha's recommendations regarding laughter include (pg 177 of *The Joy Diet*):

- **Assess your innate laughter tendencies** - are you laughing at least thirty times per day?
- **Expose yourself to comedy** - live or through media resources
- **Hang out with laughers** - Make a list of laughers you know
- **Laugh at yourself** - I find it amazing how many daily opportunities there are for this practice!

For a dialogue about how the *HeartIgnited™* process can create more laughter and joy in your life, call **Debra Trachy, Life and Transition Coach**, at **206.236.6100**. www.heartignited.com