



LAUGHTER IS A MUST IN MARRIAGE

Agent Name
County

Agenda

- Laughter Facts
- Benefits of Laughter
- What Keeps You From Laughing
- How to Increase Laughter





Activity 1

- Jell-Otology is the study of laughter. **False**
- You are more likely to laugh alone than in the presence of others. **False**
- Children learn to laugh by watching movies and/or TV. **False**
- Children take cues from their parent's laughter. **True**
- Laughter is universal language for understanding or agreement. **True**
- Canned laughter or a laugh track, makes people laugh. **True**
- The average adult laughs 17 times a day. **True**
- The average child laughs less than the average adult in a day. **False**



Benefits of Laughter

Short term

- Relaxes the whole body
- Burns calories
- Soothes tension and relieves pain





Benefits of Laughter

Long term

- Protects the heart
- Boosts the immune system
- Increases longevity



Activity 2

- Share a time you remember laughing together with your spouse.
- What were you doing?
- What was the source of laughter (i.e., something said, exciting event, etc.)
- What keeps you from laughing more in your relationship?





What Keeps You from Laughing

- Distrust
- Disrespect
- Stress
- Time
- Habits





How to Increase Laughter

- Be intentional
- Be adventurous
- Be playful
- Be gracious



Activity 3

- Plan a date where you feel certain laughter will join you.



Thank you!

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