

# The Benefits of Laughter and Play in Life

- ☺ Maintains high attention level.
- ☺ Relieves stress (physical and mental).
- ☺ Increases retention.
- ☺ Builds rapport.
- ☺ Promotes bonding.
- ☺ Builds self-esteem.
- ☺ Evokes creativity (Ha Ha leads to Aha!)
- ☺ Promotes divergent thinking.
- ☺ Brings new insight.
- ☺ Reduces depression.
- ☺ Builds hope.
- ☺ Work is associated with pleasure.

