

Laugh A Little

Four weeks to building healthier, happier habits



Laugh a Little!

Description: This four-week challenge encourages incorporating more laughter into daily routines to enhance mood, reduce stress, and improve overall health.

Challenge Goal & Tracking: Share experiences and respond to each week's prompts at least 5 days per week in the Wellbeing Journal.

Steps to Enroll (*Included in enrollment messages):

This challenge begins [DATE]. To sign up:

- Visit the [mobile app](#) or [web-based portal](#).
- Click the **Laugh A Little** banner on the **Today** screen.
- Click **Enroll** and you're all set!

Tracking Instructions (*Included in weekly messages):

To log your weekly experiences:

- Log in to the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking** and click on the **Wellbeing Journal** icon.
- Enter the date for the entry you are logging.
- Type your journal entry in the provided space.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages):

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all four weeks to [earn/qualify for] [insert reward or incentive].



Introduction/Enrollment Message

Sometimes a giggle or two is all you need to boost your mood and ease stress. Whether you're alone, watching a funny movie, or with a group of friends, laughing can go a long way when it comes to your health. Belting out a hearty belly laugh can provide a physical and emotional release by relaxing your muscles and increasing blood flow.

This challenge will not only tickle your funny bone but also ease stress and stimulate your heart. After a hearty laugh or flashing a spirited smile, be mindful of how you are feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant?

As you build happy habits over the next four weeks, track your weekly experiences at least 5 days a week in the online **Wellbeing Journal** in the inHealth portal.

Successfully completing this four-week challenge will not only boost your overall wellbeing but also count as credit toward [client specific wellbeing rewards or points.]

So, get ready to laugh, smile, and feel the positive effects ripple through your body and mind—your wellbeing journey just got a whole lot more fun!



Week 1: Boost your mood with a little laughter!

When was the last time you let out a belt of laughter? It could mean a world of difference for your overall health. The truth is that laughter is extremely therapeutic. Did you know that a chuckle or two can help ease stress, protect your heart, and boost your mood?

Studies have shown that laugh therapy relaxes the muscles and improves breathing. It can also raise the pain threshold, increase tolerance, and improve psychological wellbeing.

[Button] [How Does Humor Affect Mental Health?](#)

[journal icon] **Capture the Moment:** Whether it's a joke, a funny video, or a personal anecdote, share it with a friend or on social media. You may find that it sparks a more positive mood. Share your experiences in the **Wellbeing Journal**.

[Button] [Log Your Experience](#)

Week 2: Laugh your way to a stronger core!

A burst of laughter can help get your core muscles in shape! Experts say that laughing gives your body a chance to exercise the diaphragm. One study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

While it doesn't replace going to the gym or taking a brisk 30-minute walk, intense laughing can activate various muscle groups and lead to relaxation.

[journal icon] **Log Your Laughs:** Find a way to laugh about your own situations and watch your stress begin to fade away. How many times did you laugh this week? Track your laughter count in the **Wellbeing Journal**.

[Button] [Log Your Experience](#)



Week 3: Give yourself something to smile about!

Financial worries can dampen your mood. Give yourself something to smile about by cutting your expenses and increasing your personal savings! Worrying about money can lead to stress, anxiety, or insomnia. Check out these [proven ways to increase your savings!](#)

[journal icon] **Save and Smile:** Update your savings progress and record how it made you feel in the **Wellbeing Journal**.

[Button] [Log Your Experience](#)

Week 4: Laughter is life changing!

Did you know there's a link between laughter and your mental health?

According to the [National Institutes of Health](#), laughter is a way to overcome stress or depression and ultimately improve your quality of life. Just think, you are one gesture away from a life changing moment. Laugh! That's all it takes to give yourself a mental boost. No matter what is going on in your life, find a silver lining to be thankful for and try smiling about it.

[Button] [Learn more: Harness the power of laughter!](#)

[journal icon] **Reflect on Laughter:** Summarize how laughter has impacted your week —note any changes in mood or stress levels in your **Wellbeing Journal**.

[Button] [Log Your Experience](#)



Week 5: Congratulations on completing the Laugh a Little Challenge!

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

Congratulations on completing the four-week Laugh a Little Challenge! You've made significant strides in enhancing your wellbeing through laughter and joy.

Keep the momentum going by continuing to build on these habits. Use your **Wellbeing Journal** to track your progress and stay committed to a happier, healthier you.

[Button] [Laughter's positive effects on mental health](#)

Here's to many more moments of joy and laughter ahead!

