

Laugh to chase away the Blues!



Sam Rehan
Laughter Facilitator
Workplace Wellbeing
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Natural laughter usually lasts 3-5 seconds. People get proven health benefits of laughter when continuous laughter occurs for 15 minutes. Decades of scientific research shows laughter boosts health and it connects people deeply. Laughter is powerful for health! More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of stress releasing endorphins and promotes an overall sense of well-being. Laughing for a sustained period of time increases oxygen in the body, generates more blood flow and lowers blood pressure.

Sam Rehan found laughter after a difficult period of events in her personal life and it supported her health. She trained to become a Laughter Wellbeing Facilitator. She has led laughter sessions in schools, with disability groups, community groups, private events and on a one-to-one basis. She remembers one event, when she facilitated laughter with a man with dementia, who had lost his speech but was overjoyed that he could laugh together with others in the group session. Sam uses laughter in the workplace to foster team building, employee engagement with increased wellbeing.

Sam is a Workplace Wellbeing Trainer. She use her science background and nearly 30 years of corporate experience, to provide fun and fast practical training to reduce stress. With reduced stress, employees and business owners are energised so they can achieve more. She is a mother living in Hartfield (Winnie the Pooh country), East Sussex.

