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## Adopting laughter therapy to get dosage of happy hormones

There is a lack of awareness about what happy hormones are and what can be done to get them. People tend to feel unhappy for multiple reasons and sort towards addiction and alcoholism and commit suicides in some cases. Review of books and research shows that feeling good and taking care of our emotional well-being will resolve the problems of addiction, alcoholism and it will decrease suicide rates as well. Adopting laughter therapy and getting hormones which makes one feel good will help many to recover from depression and anxiety thus reducing suicidal rates. One needs to work on his/her energies using laughter therapy which is a positive approach for not having depression and anxiety or use it as a holistic way to recovery. The laughter therapy which includes ways to get the dosage of happy hormones promotes overcoming depression and anxiety using a fun way. Leading fulfilling lives encourages people to get a new life away from addiction and alcoholism. Repeated sessions must be conducted to remind people that the new life should go beyond just seeking medical and counseling help and also include rebuilding spiritual, physical, emotional, relational and mental health. The model has been put together for testing in many settings including hospitals, elderly homes and senior citizen centers. This is not a research book or paper. It is just an effort to demystify the help available for depression and anxiety. It is an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

## Biography

M S Suchi is an experienced International Pre School Principal/Manager who learnt laughter exercises from many coaches around the world. She then designed laughter therapy which is being used in many places such as hospitals and senior activity centers. She provides individual and group therapy as well in educational and home settings. She now engages in building social awareness about depression and anxiety and the harm it brings to people, families and communities. Her aim is to encourage people to seek help early and get on the path to recovery.

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