


Janet Carroll, RN, BSN, LMT
Certified Laughter Yoga Leader & Teacher
Staff Retention & Team Building Specialist

"The Laughter Nurse"

"It's time to take laughter seriously"
~Dr. Madan Kataria

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Blue Road  *Red Road*

HAPPINESS **STRESS!**

Breathe
Haaaaaa

-Oxytocin
-Happiness
Hormones

-Adrenalin
-Cortisol

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**Vibrate
Your
Vagus™**

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