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### Adopting laughter therapy to get dosage of happy hormones to remove stress caused by being in slight pain, being depressed, being unhappy anxious or sad, saying positive affirmations aloud changes body cell energy

**Statement of the Problem:** There is a lack of awareness about what happy hormones are, how to use positive words to feel energetic and what can be done to get happy hormones. People tend to feel unhappy for multiple reasons and neuropathic pain adds on stress levels of not only the patient but the caregivers as well. Being in pain, leads to feeling depressed and anxious in some cases.

**Method:** Review of books and research shows that getting a dosage of happy hormones will not only ease slight pain of the patient but feeling happy will also have a positive impact on the recovery of the patient. Adopting laughter therapy and getting hormones which makes one feel good will help many to recover from neuropathic pain/long term sadness caused by having grief, anger or resentment, depression and anxiety.

**Findings:** One needs to work on his/her energies using laughter therapy which is a positive approach for not having depression and anxiety caused by neuropathic pain. The therapy can be used as a holistic way to recovery.

**Conclusion:** The laughter therapy which includes ways to get the dosage of happy hormones promotes overcoming depression and anxiety caused by neuropathic pain, is a fun way to manage pain. Repeated sessions to be conducted to remind patients that life while having pain or during the recovery should go beyond just seeking medical and counselling 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 centres. This study is just an effort to demystify the help available for depression and anxiety caused by pain. 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 preschool Principal/Manager who picked up 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 centres. She provides individual and group therapy in educational and home settings.

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