

# Laughter Yoga International

## HOW DO YOU FEEL?

To measure immediate effects of Laughter Yoga

| BEFORE                                   | <Worst CIRCLE Best>  | AFTER                                    | <Worst CIRCLE Best>  |
|--|----------------------|--|----------------------|
| Enthusiasm                               | 1 2 3 4 5 6 7 8 9 10 | Enthusiasm                               | 1 2 3 4 5 6 7 8 9 10 |
| Energy Level                             | 1 2 3 4 5 6 7 8 9 10 | Energy Level                             | 1 2 3 4 5 6 7 8 9 10 |
| Mood                                     | 1 2 3 4 5 6 7 8 9 10 | Mood                                     | 1 2 3 4 5 6 7 8 9 10 |
| Optimism                                 | 1 2 3 4 5 6 7 8 9 10 | Optimism                                 | 1 2 3 4 5 6 7 8 9 10 |
| Stress Level                             | 1 2 3 4 5 6 7 8 9 10 | Stress Level                             | 1 2 3 4 5 6 7 8 9 10 |
| Level of friendship with group members   | 1 2 3 4 5 6 7 8 9 10 | Level of friendship with group members   | 1 2 3 4 5 6 7 8 9 10 |
| *Level of awareness about your Breathing | 1 2 3 4 5 6 7 8 9 10 | *Level of awareness about your Breathing | 1 2 3 4 5 6 7 8 9 10 |
| Level of muscle relaxation               | 1 2 3 4 5 6 7 8 9 10 | Level of muscle relaxation               | 1 2 3 4 5 6 7 8 9 10 |
| Level of mental relaxation               | 1 2 3 4 5 6 7 8 9 10 | Level of mental relaxation               | 1 2 3 4 5 6 7 8 9 10 |
| Ability to laugh without a reason        | 1 2 3 4 5 6 7 8 9 10 | Ability to laugh without a reason        | 1 2 3 4 5 6 7 8 9 10 |

|                   |                   |
|-------------------|-------------------|
| General Comments: | General Comments: |
|                   |                   |
|                   |                   |
|                   |                   |
| Name:             | Name:             |

### Important Guidelines:

- ⊙ This form should be filled after the session
- ⊙ This is to evaluate the immediate effects of one particular session of Laughter Yoga
- \* Breath awareness: Normally we are not aware of our breathing. After LY exercises you may feel you're breathing more freely and easily and you become aware of breathing more deeply into your lungs.