



Headline

Have you smiled today?

The international pollster Gallup Inc had conducted a survey on happiness involving about 150,000 people around the world from 148 countries. They were invited to fill in a questionnaire to indicate if they felt well-rested, had been treated with respect, smiled or laughed a lot, learned or done something interesting and experienced feelings of enjoyment yesterday. Results were revealed in 2012 that Latin Americans are the happiest people in the world as eight out of the top 10 countries are located in Latin America. Singapore had been ranked the last while Hong Kong was the 70th place on the list.

One of the questions of the poll was whether the respondent has smiled or laughed a lot. Laugh or smile is a very simple facial expression indeed. However, unfortunately, in such hectic environment like Hong Kong, many people work hard and seem emotionless everyday. It is not uncommon to observe people frowning on their faces or so drawn to their smart phones on their way to work. There had been a video clip online featuring a lady who had suddenly laughed on the train while she was watching her phone, other passengers saw her and caught the laughter. Then, everybody in the car seemed got infected and started laughing as well. It substantiates that laughter is contagious and can go viral in creating a happy atmosphere.

Laughter is never merely a facial expression. It is also an expression of positive emotion. It is such an effective tool to break the ice with people, draw others closer, enhance communication and relationships with them.

Recently, more and more organizations pay attention to foster positive emotions at work. Being part of an organization, let us all take the initiative of smiling to your colleagues in the mornings to make the workplace a more vital and energetic one!

LEAP 是指：

L eading Personal Effectiveness
發展人才

E nhancing Family Cohesiveness
凝聚家庭

A chieving Team Success
卓越團隊

P romoting Corporate Wellness
促進企業健康

E File

Last year, my team and I had participated in a novel and interesting training called, “Laughter Yoga Leader” which was developed by Dr. Kataria from India. Dr Kataria discovered that laughter could greatly reduce the pain of many patients, both physically and psychologically. It has also been scientifically proven that laughter is effective in increasing the concentration of immunoglobulin protein in our bodies which in turn strengthens our immune system. As a result, laughter can be taken as a vitamin to us as many of the others. More importantly, it helps in alleviating depressive symptoms and enhancing positive emotions of people.



Frankly speaking, I was skeptical about the effectiveness of the programme at first. Some postures and actions that were simulations like drinking of soup, talking on the phone, and blaming others, etc.. It is a little bit hard to engage myself to them at the very beginning. But once I understood the principle behind the actions and tried to put myself into them, everything seemed more reasonable and I could do it in a more natural way. It was undeniable that laughter is highly infectious. Although I might not have fully involved in the programme on the day, I was able to relax myself and follow the instructions accordingly. While I saw other participants laughed at me, I had finally found myself enjoying the playful acts and didn't even want the class come to an end. I had been really looking forward to the second day of the class.

After that, our colleagues had discussed the experience of Laughter Yoga in the class. We all agreed that a lot of positive energy was generated from the Laughter Yoga exercises which could be applied in the workplace. Though workplace is a serious environment, we are now able to laugh in a freely and natural manner if something funny or hilarious happened and that loosen up the atmosphere at work. Laughter Yoga makes us believe that laugh is indeed contagious and can definitely boost up the positive energy in the workplace.



Chicken Soup for the Soul

The Power of Smile

Lately, I have been sick for a while due to the fizzy weather. I went to the doctor while many people were wearing masks. Their faces look so sad and it made me feel uncomfortable. All I wanted was to get out of the clinic as soon as I could.

When I was starting to lose my patience, a young mother appeared in front of me with her stroller and a one-year-old in it. The little face in the stroller did not seem to be sick. He was so adorable and kept checking out the adults around him and making eye contacts. And when mine got him, he was smiling brilliantly revealing his two little front teeth. I could not help but to smile back to him. The little smile had triggered a big, passionate laughter from him. The people around us noticed how happy the infant had laughed and started laughing as well. The atmosphere of the whole clinic had changed and somehow everyone seemed to be more involved. Everyone was smiling when waiting for the doctor.

I felt happier and more relaxed when I thought of the scene. It really surprised me that smiling is not that hard indeed. I have started smiling even without any particular good things happened to me since I have learnt that smiling is not purely a personal emotion. It actually boosts up the positive energy of the environment and the people around me. Happiness can be very simple sometimes!