

Laughter Yoga

Marc Grilli Clinical Nurse Educator

Madeline Bronar Recreational Lifestyle Officer

Garrawarra Centre

Background

2018 Culture Survey & Nurse Engagement Survey
Results

Heightened concern towards staff burnout and
team engagement

EOC facilitation group- Madeline Bronar: Laughter
Yoga Instructor

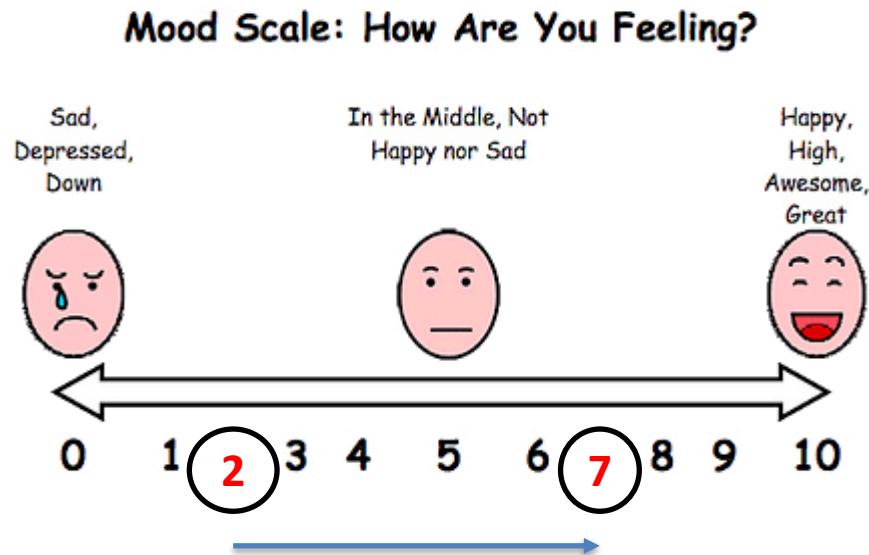
Planning

- Trial x2 sessions. Cost Effective. 45min duration within staff work hours.
- Participation >25 people for both sessions.
- Mood Scale used to measure how staff were feeling before and after each session.
- All participants mood had elevated after the session having a positive impact on everyone!



MOOD SCALE

Mood Scale measured by each participant prior to the yoga session and repeated at the closure of the session



Children laugh 300 times
a day, an average adult
laughs 17 times a day

