

Les bénéfices du rire au travail

Les effets positifs du rire sur la santé physique et mentale

Le rire est bon...



1 pour l'organisme

- augmente la quantité d'air ventilée
- améliore l'oxygénation du sang
- renforce le système immunitaire
- améliore le sommeil
- stimule la digestion
- donne de l'énergie
- est un antidouleur



2 pour le moral

- procure un sentiment de bien-être
- libère les tensions
- facilite les rapports humains
- diminue l'agressivité
- dédramatise les situations



3 comme antistress

- produit de la dopamine et de l'endorphine, les « hormones du bonheur »
- réduit la sécrétion de cortisol, hormone principale du stress
- stabilise le rythme cardiaque et diminue la tension artérielle

Le rire au travail...

améliore

- la créativité
- la socialisation
- les relations entre collègues

crée

- de la bonne humeur
- un climat de confiance
- des échanges sereins



Rire Et Eacutemancipation Feacuteminine

Karin Nielsen-Saines



Rire Et Eacutemancipation Feacuteminine:

Delve into the emotional tapestry woven by in **Rire Et Eacutemancipation Feacuteminine** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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