

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

J Ma



Rire Et Eacutemancipation Feacuteminine:

Rire Et Eacutemancipation Feacuteminine Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Rire Et Eacutemancipation Feacuteminine**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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