



# Belly Laugh Day

An Interview with Elaine Helle by [VickyandJen.com](http://VickyandJen.com)

## **1. For those who are new to Belly Laugh Day, what is it and why is it still important? How does laughter relate to keeping life simple so you can enjoy what really matters to you?**

I begin my thoughts about Global Belly Laugh Day, January 24 by defining “What really matters to Elaine Helle.” My desire is for each and every person (most of all me) to learn to use the power of physically laughing out loud and the power of saying thank you to lead the most creative, connected, prosperous life filled with joy and a sense of well being. Organizing Global Belly Laugh Day, January 24 has helped me define what is really important to me.

To answer the what’s, why’s and how’s about Belly Laugh Day, I share the beginning of a children’s story I am writing:

*We have all kinds of days.  
A wear something red day.  
A want to stay in bed day.  
A peanut butter and jelly day.  
A Global Belly Laugh Day, January 24.*

*Global Belly Laugh Day, January 24 is the best.  
Belly Laugh Day gives our tizzy, dizzy, oh so busy days a rest.  
On Belly Laugh Day, January 24 we laugh out loud with glee.  
We celebrate the great gift of laughter with an easy hee, hee, hee, hee, hee.  
On January 24 at 1:24 p.m. (local time) smile, throw your arms in the air and laugh out loud.  
Join the Belly Laugh Bounce ‘Round the World.  
Laughing out loud helps us build brains with creative smarts and happy hearts.  
Smiling and laughing out loud are quiet contagious. Thank you for letting us catch you smiles and laughter.*

*We have all kinds of days.  
Sometimes out of the blue, in the wink of an eye,  
Our playful laughs and smiles get stuck in muck.*

*Oh me, oh my!*

*We are feeling groggy, are brains are soggy.*

*To get rid of the grumps, get out of the dumps,*

*Mix a batch of playful laughs and smiles with glee....*

Make [The Jumping for Joy Jubilee Belly Laugh Energy Recipe](#)

Whenever we open the great gift of laughter we receive magical powers to be our best self with a sense of well being. The magical powers we receive when we physically laugh are the power of positive energy, the power of connection and the power of creativity.

The symbol for Global Belly Laugh Day is a smiling sun with seven rays and dimples with the numbers 1 and 24. Laughs and smiles are sunshine that transform our moments 24 hours a day, seven days a week on the seven continents. On Global Belly Laugh Day, January 24 we remember and celebrate past laughter moments and connect and create new laughter moments.

“According to Nobel Prize winning scientist Daniel Kahneman we experience approximately 20,000 individual moments in a waking day. Each moment lasts a few seconds.” \* \* *How Full is Your Bucket? By Tom Rath and Donald O. Clifton page 53*

## **2. What can I do with my family to celebrate Belly Laugh Day?**

- Countdown to Belly Laugh Day by creating playful, easy, laugh out loud moments every day. Choose a word everyday. When someone says the word smile throw your arms in the air (if possible) and laugh out loud.
- Use a globe or a map to plot the people you know around the world. Contact them and ask them to share the Belly Laugh Bounce ‘Round the World.
- Use a globe or a map ask each person to pick where in the world they would like to lead the laugh out loud Global Belly Laugh Day moment. Click on [webcams](#) on the Belly Laugh Day homepage for world wide webcams. Most webcam pages have a description of each country. Describe the setting of your laugh out loud moment, weather, natural surrounding, clothes, food . . .
- Collect pictures of smiling faces from catalogs, magazines. Post the pictures in the silliest places around the house.
- Have family members describe a family story that makes them laugh. We are our stories.
- Have each family member describe their laughing place. Picturing your laughing place comes in handy when getting a shot or you get the grumps.
- If you do not laugh out loud family stories or a laughing place. Make up an event. Better yet take a family event that was not funny and rewrite family history

helping everyone laugh about the moment. We are our stories.

- Click on [Laughter Activities](#) on the Belly Laugh Day webpage to find how to experience a Belly Laugh Day from morning to night.

*I love to change my name for the day to Heidi Helle. I even heard from a real Heidi Helle.*

### **3. Do you have any new, heart-warming stories for us as a result of Belly Laugh Day?**

Global Belly Laugh Day, January 24 has three intentions - to celebrate and remember past laughs, to connect with new laughs, to learn by experience the health, high achievement and happiness benefits of taking a moment to stop, breathe, smile and laugh out loud. On Global Belly Laugh Day Celebrate and Remember Past Laughs.

On January 24, 2007 I read a story entitled "[Laugh Now](#)" which is posted on the Belly Laugh Day web page under Belly Laugh Day stories. Read it [here](#). On Global Belly Laugh Day [Connect with New Laughs](#):

*1. A family from Oregon shared Belly Laugh Day in Tanzania. They were in Tanzania planting trees with ReTree International. The family told me the laugh out loud event stimulated great laughter and connections. The family and the Tanzanians shared the common language of laughter. On the Belly Laugh Day page Belly Laugh Day stories there is a picture of the family laughing out loud with many many Tanzanians.*

*2. From Bronwyn Roberts in Australia: I found myself in a noodle bar collecting lunches at the appointed time. Not held back by my natural shyness I proudly announced to the crowded shop that it was in fact Belly Laugh Day (and time) and without any hesitation everyone in the shop, the cooks included threw their hands in the air (luckily not their food) and laughed. People walking past looked in and a couple came in to see what we were doing. It was such fun. I was even offered free noodles next time I call in! The owner of the shop declared "Oh, you make us laugh and have fun. Everyone, a big laugh for our belly laugh lady". So I guess I was given a standing Belly Laugh Ovation.*

### **4. Is there anything new and exciting on your website this year?**

Through out the year I post useful tips and articles about laughter on the Belly Laugh Day page [Laughter News and Research](#). The worldwide [webcams](#) are new, Laughing and Smiling [Recipes](#), Belly Laugh Day [stories](#).

### **5. What would you say to someone who is embarrassed to laugh out loud in public on January 24th at 1:24 p.m.?**

Make your Belly Laugh Day laugh out loud moment simple. Pretend you are on your cell phone talking to your best laughing buddy. Just start laughing out loud. When you see others laughing and smiling with you tell them, "It is Global Belly Laugh Day and invite them to join you in the Belly Laugh Bounce 'Round the World. We are laughing for the health of it." Maybe you will be given a standing ovation as Bronwyn Roberts was given when she led a belly laugh moment in Australia on Belly Laugh Day.

## 6. Where can I find Belly Laugh cards to email to my family and friends?

ATT offers an e cards for their customers. The link is on the home page of [www.bellylaughday.com](http://www.bellylaughday.com)

It is really fun to create your own e talking card on Blue Mountain or American Greeting. Even if you do not send the card, it is funny to laugh along with a talking pig, gnome, rabbit, baby, female newscaster with a English male accent. Choose the voice and type in the following phrase:

*Global Belly Laugh Day is January 24. Celebrate the great gift of laughter.*

*On January 24 at 1:24 p.m. (local time), smile, throw your arms in the air and laugh out loud. Join the Belly Laugh Bounce 'Round the World. Your laughter is contagious. Thank you for letting us catch your laughter.*

## 7. Where will you be on January 24th at 1:24 p.m. this year and how will you celebrate the day?

- I will be spreading the word about Global Belly Laugh Day on radio and t.v.
- I may be leading a Global Belly Laugh via telephone for a corporation in the morning.
- A library in Indiana is holding a Belly Laugh Day celebration 4:24 p.m. which is 1:24 p.m. my time. I will call them and share their laugh out loud moment. Where ever I am I will remember how to fuel my positive emotions. From the Belly Laugh Day web page Laughter Activities: [Fuel Positive Emotions](#)

*We have -- within us -- the fuel to thrive and to flourish...*

*Where is this fuel within us?*

*We tap into it whenever we feel energized and excited by new ideas.*

*We tap into it whenever we feel at one with our surroundings.*

*We tap into it whenever we feel playful, creative, or silly.*

*We tap into it whenever we feel our soul stirred by the sheer beauty of existence.*

*We tap into it whenever we feel connected to others and loved.*

*In short, we tap into it whenever positive emotions resonate within us.*

*When positive emotions are in ample supply – we take off.*

*We become generative, creative, resilient,  
ripe with possibility and beautifully unpredictable.*

*Authored by: Barbara L. Frederickson, Ph.D. Kenan Distinguished Professor of Psychology, University of North Carolina at Chapel Hill. Read about [Dr. Frederickson's work](#) at The University of Michigan.*

**For more information about Elaine Helle and her mission listen to our [Belly Laugh Day Podcast](#) on [VickyandJen.com](http://VickyandJen.com).**