

Do you have enough fun in your life?

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SPEAKERS

Diane Laffoon



Diane Laffoon 00:01

Hi, I'm Diane Laffoon, here with your Joy Tip of the Week. So I wanted to tell you, I had the opportunity to attend a virtual live event that went over three very long days, it was a couple of weeks ago. And we were on zoom, believe it or not from like, morning time until into the evening hours. And the thing is, it flew by, it just went by so fast, because the host of the event did some really incredibly fun things to keep us on our toes, and to keep us involved. And one of those things was that she held dance breaks. So this is just crazy to me, because, honestly, I danced more in those three days than I have danced in a very long time. So drop us in the comments here, let us know, what are some of your favorite songs that you like to get your body moving to. And maybe we'll all get a chance to move our bodies to those songs too.



Diane Laffoon 00:58

But I wanted to tell you about this because I have to admit, I am one of those people, if this was on a zoom call with over, I think there was like 200 people on the call at over these three days. And I would have been one of those people that either turn my camera off, you know, during the dance break, said I was in bathroom or whatever. Or I would just sit at my computer and tap my toe or just you know, whatever. But the host of the event was very motivating. Um, her name is Kim Philips. And she said that this is the first thing that got me. She said, You know what, when you're on zoom, be honest, who are you

looking at on the zoom call, you're either looking at the presenter, or you're looking at yourself, aren't you? And so think about it, nobody else is gonna look at you dancing, you can dance without anybody looking at you. You don't have to worry about it at all. So get your body moving on. Moving on, we have these dance breaks. And I so I did. And the other things that she said really were interesting to me. She said, you know, when you dance, it propels you. it eases your stress, it makes you smile. It energizes your body. So you've got great reasons to turn the music up and dance and take a dance break. And I'll be honest with you, I've been taking dance breaks now and then throughout my workday, because it just was so much fun and it was energizing. And it did do a lot for me.



Diane Laffoon 02:17

But I'll tell you the one thing that it did for me the most, I found out that music can help boost your oxytocin levels. Now, if you're not familiar with oxytocin, that is the level or the oxytocin is your body is in your body. It's it's a hormone. Yes, it is a hormone, or chemical. I don't know what it is. Anyway, oxytocin, look at it, Google it. And it is that chemical in your body that helps you feel fuzzy and warm all over. It's called the love hormone or the cuddle hormone. And you actually release this oxytocin very first when you are born because it bonds mother and child together and childbirth. And then in the cuddling and in the breastfeeding oxytocin is released to bond that mother and child together. In a marriage relationship when husbands and wives are intimate or cuddling or loving or kissing or hugging, that releases that oxytocin level. And so a couple of things that oxytocin does for us, it promotes attachments and solidifies relationships when you're experiencing it with another person. oxytocin eases stress. it amplifies emotional memory. So it helps you kind of solidify the memories you're experiencing when that oxytocin is being released. oxytocin improves social skills, which is a good thing. It actually induces sleep, we could all use better sleep couldn't we? And oxytocin fosters generosity makes you a more giving person so all of these are great things. Like I said, it's it's nicknamed The cuddle hormone, or the love hormone or whatever, because it Oh, that's what it is. It's a hormone. Because it does play a significant part in bonding, but in relationships, well, and as I've mentioned before, I'm single, so I don't get a lot of cuddles, I don't get a lot of kisses, and I get a lot of loving. And I get them now for my great, great niece that I just love to death, I get lots of kisses and cuddles from her. But as a single woman, that's something that, you know, I just thought, I guess I don't get much oxytocin. But guess what music and dancing releases oxytocin, and that's part of what makes you feel so much better. So bring on the dancing. I think that's why I've been enjoying doing the dancing lately. You might not be as averse to dancing in front of others as I am. So this might not totally relate to you, but I would encourage you to find something fun to add to your to your routine. For me, it's been these dance breaks and is just really kind of given me a release. In fact, I even created a dance break playlist over on Spotify. So I can just pull up

my Spotify and hit a song and have a little dance break. So I will put the link to that Spotify dance break list in the comments. And like I said, I want to hear what your favorite songs to move your body to are. So let us know keep it clean, keep a G rated. And let us know some of your favorite songs in the comments below too.



Diane Laffoon 05:20

So, by the way, oh, I do want to tell you this. Remember, the reason I got dancing with Kim Phillips was because she said you know what, the only people looking at you are you and you because you're looking at yourself on zoom or you're looking at the presenter, well come to the end of this event. And Kim sends out a recap video of all the fun we had and some of the things we learned. And I click on the video in that email for the recap of the event. She put me dancing in the video. So all 200 people saw it, I couldn't believe it. It was very embarrassing. And I didn't look as bad as I thought I did. So that was a good thing. But no, I'm not going to turn on the camera now for my dance break that I'm going to have after we do this joy Tip of the Week. So I just wanted to share that with you and encourage you to try dance break, see what it does for your energy. Nobody has to be around. Just turn on some music and dance for three minutes. That's all it takes out of your day. You'll be really surprised how it just makes you smile light up. And it brings on that oxytocin too. So next week, join me again, I'll be sharing some of my family Thanksgiving traditions with you. I'd love to see you back here on Tuesday of next week for the joy Tip of the Week. And remember, Joy is not something that simply happens to us. We have to choose joy and keep choosing joy every single day.