

# The "Neatest" Newsletter!



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Karen S. Augustine  
CEO of Neat Niche by Karen,  
LLC

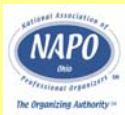
*A woman of purpose, passion  
and power, wanting to serve  
you.*

In this issue:

1. Laughter eliminates clutter.
2. Laughter is good medicine.
3. Why do we laugh?
4. Laughter breaks barriers.
5. Laughter in sorrow and pain.
6. Laughter begets good health.
7. Someone you should know.
8. Man's best friend.

**Read on for more.....**

Contact me with questions:  
[NeatNicheKaren@aol.com](mailto:NeatNicheKaren@aol.com)  
[www.NeatNichebyKaren.com](http://www.NeatNichebyKaren.com)  
614-785-9047



## Topic for the month:

### Laughter Eliminates Clutter!

I was in a quandary as to the topic for this month's newsletter until an unpleasant incident with a coworker. Long story short, he approached me and requested that I follow-up on a meeting which I had coordinated. My intuition was alerting me to the fact of whether the task had been completed. Oddly, my anger began to rise, and internally my body transformed into a twisted, tense, rubber band contortion. Note: I am not sure why I was so sensitive that day.



### Laughter is Good Medicine!

In my miserable, twisted state, I entered the clinic and protested to my coworker, "Someone just really ticked me off!" In a split second the conversation shifted as one of my coworkers received exciting news she was a grandma to a new baby girl, the first in the family. We were very excited and elated for her which turned our laughter and chatter into continued uproarious conversation. As the hilarity subsided, the issue I carried into the clinic had dissipated and my body reverted to its normal state. The feelings of exasperation had dissolved. My entire being was in a state of complete calm and peace. The laughter, excitement and craziness unfettered me from my unpleasant experience with my coworker.

In a split second my topic for October's newsletter was discovered, "How Laughter Eliminates Clutter." The clutter I am speaking of is anger, resentment, rage and frustration, which are types of emotional clutter. Further down you will read what the American Association for Therapeutic Humor says due to the insufficiency of fun and laughter in our lives. We frequently hear, "Laughter is like good medicine", "Laughter is good for the soul", "Laugh till it hurts". I believe these statements are affirmed, as I personally experienced the healing affects of joy and laughter with my coworkers.



**Laugh**



**hysterically!**



**Laugh**



**out loud!!**



## Why Do We Laugh?



There are many contexts of which laughter can be derived. Laughter is manifested in fun, while playing games, or watching comedies. It may occur in the midst of pain, during sorrow or in grief. Unconsciously, you may laugh when you are embarrassed or nervous, or laughter may be displayed in arrogance and intimidation. At times it is used as an ice breaker to loosen up a crowd or lighten up an environment.

## Laughter Breaks Barriers!

Allow me to share a personal experience. While attending a speech class at Columbus State, I was placed in a class of stoic, unemotional, boring kids. My poor teacher was feeling the lack of interest as these zombies were seated in front of him. One evening the weight of the environment was taking its toll and out of the blue the teacher blurted the word "FART"! Oh my goodness, you never heard such laughter in all your life. Due to that one word and that one moment, the remainder of the semester was quite enjoyable as laughter penetrated the barrier. I bet you are laughing right now, aren't you? Now I can't stop laughing....LOL!!! Made you laugh didn't I?

## Laughter in Sorrow and Pain!

While reading the "In Touch Magazine", I was saddened by an article of couple who lost their two year old daughter to an accidental fire while sleeping in her room. An electrical heater had short circuited, ignited the room and she was overcome with smoke. Without saying, they were horrendously distraught. To ease their pain they had their faith, but they also visualized and spoke of all the happy times and precious moments cherished with her. They stated they actually laughed reminiscing about the fun times they all shared. They also created a small memorial of toys, pictures and special memories which brought smiles to their faces. Hard as it may be, there is laughter and smiles in pain and grieving.

**Laugh till your belly hurts!!  
Laugh when your heart hurts!!**

## Someone you should know!



**Yours truly Karen  
Augustine**

As CEO of Neat Niche, my company was birthed in May of 2007. With encouragement of family, friends, coworkers and a gentle nudge from God, I realized my new vocation was that of an Organizing Strategist. My vision and passion is to assist individuals in creating an organized, clutter free lifestyle, with the goal of regaining the life clutter has stolen from them.

My vision is to travel worldwide, speaking in regards to organizing and sharing my testimony of Jesus Christ.

As my contribution to mankind, along with organizing, I felt a calling to NODA, "No One Dies Alone" program. This program requires me to sit as a care companion to individuals who are in their final hours of life. This program provides companionship due to the lack of friends or family in the individual's life. As well, this may be a difficult process for a loved one who is alone, so assistance is provided. As the care companion, I do whatever is necessary to make the patient peaceful and comfortable until their passing.

I am a native of Columbus, Ohio, one of 5 siblings, two wonderful parents and many of man's best friends. I have the honor of being the FAVORITE aunt to my nephew Nicholas who is the joy of my life! ☺ Satisfying moments for me are gardening, reading, exercising, quite time with God, learning and making others laugh.

[www.neatnichebykaren.com](http://www.neatnichebykaren.com)



## Laughter Begets Good Health!

Where does laughter come from? How does it affect our bodies and our emotions?

Laughter is the physiological response to humor and consists of two components – a set of gestures and the production of sound. Did you notice the clown picture above? When we laugh the brain signals us to conduct both activities simultaneously says Marshall Brain in, "How Laughter Works." When we laugh hysterically, changes occur in our body such as our gut hurting, we cry tears, or our arms and legs may be affected as well. There are 15 facial muscles contracting when we laugh which cause our upper lip to rise and release the "ha-ha-ha", or the "ho-ho-ho", types of sounds.

Laughter has resulted in the healing of individuals who have cancer or other illnesses. It produces balance to components of our immune system which fights off diseases. It also greatly reduces stress. Researchers estimate that laughing 100 times is equal to 10 minutes on the rowing machine or 15 minutes on an exercise bike. Laughing can be a total body workout and your blood pressure can be lowered as well. And **NO**, you cannot stop exercising!

Members of the American Association for Therapeutic Humor say, "People often stuff negative emotions such as anger, sadness and fear, rather than expressing them." Laughter is a way to expel or eject these emotions. There needs to be a purging, cleansing and releasing of these negative emotions. Not releasing them may trigger biochemical changes that affect our bodies which may cause severe health concerns. Some people will watch funny movies, hang out with a crazy friend, or read a funny book. These are types of "laughter therapies". My dearest friends do not allow clutter to steal your laughter, love, or your life!



Get together with your best friend and laugh hysterically behind the scenes. You're laughing right now aren't you? GREAT, because my job here is done! Have a blessed day and give thanks!!!

For questions or concerns contact Karen at: [NeatNicheKaren@aol.com](mailto:NeatNicheKaren@aol.com)