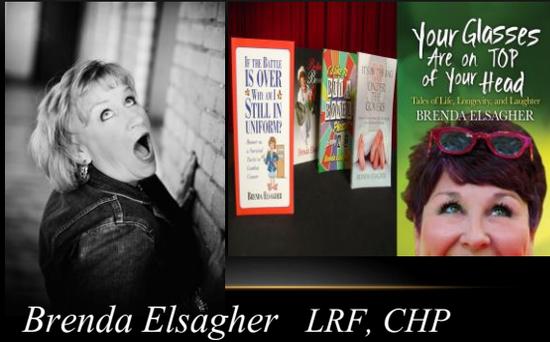


Facing the Future with Humor



GETTING TO KNOW YOU

- Share what recently made you laugh...
- Share a funny thing that happened at work...

EDUCATIONAL OBJECTIVES, *Interactive and fun!*

- ❖ Discuss how humor impacts both patients and healthcare professionals.
- ❖ Identify the positive benefits of incorporating humor into practice.
- ❖ Identify medical and psychosocial benefits of humor.

JOHN AND JEHAN





THERAPEUTIC HUMOR

As defined by AATH, (Association for Applied and Therapeutic Humor)...

"Any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life's situations. This may be used as a complementary treatment of illness to facilitate healing or coping, whether physical, emotional, cognitive, social or spiritual."

HUMOR AND HEALING FROM THE CAREGIVER'S PERSPECTIVE



Hump & Helen



EAR CANDLING



THE SOCIAL WORKER SAID...

"You are the final decision maker, you are capable of making your own decisions."

Dad said, "I've never made a decision since I started living with 8 women, everyone tells me what to do and where to go!"

The social worker told him this in front of his daughters and he said, "See? I'm the boss!"

HELEN VISITING HUMP EACH DAY...





THE SCIENCE BEHIND LAUGHTER...

- Facilitates digestion, internal jogging for the organs.
- Increases antibodies fighting upper respiratory infections.
- Improves memory.
- Improves communication.
- When laughter is used with conventional care, it can reduce pain and aid in the healing process.
- Kicks your immune system into high gear. Winter's coming!
- Laughter is often a powerful distraction from pain.

Lee Berk, PhD, Loma Linda University, CA

KEEPING THE MIND SHARP



Robin Williams as Patch Adams,



To die. To expire. To pass on. To perish. To peg out. To push up daisies. To push up posies. To become extinct. Curtains, deceased, Demised, departed And defunct. Dead as a doornail. Dead as a herring. Dead as a mutton. Dead as nits. The last breath, Paying a debt to nature. The big sleep. God's way of saying, "Slow down."

THE BANTER BACK AND FORTH...

Bill Davis: To check out.

Patch Adams: To shuffle off this mortal coil.

Bill Davis: To head for the happy hunting ground.

Patch Adams: To blink for an exceptionally long period of time.

Bill Davis: To find oneself without breath.

Patch Adams: To be the incredible decaying man.

Bill Davis: Worm buffet.

Patch Adams: Kick the bucket.

Bill Davis: Buy the farm.

Patch Adams: Take the cab.

Bill Davis: Cash in your chips.

AMAZING! FUN WITH HATS



THE LAST VISIT HUMP HAD WITH HELEN



LAUGHTER YOGA WITH A TWIST

- *Ha, Ha, Ha,*
- *Ho, Ho, Ho,*
- *He, He, He*
- Snort!



HEALTH BENEFITS OF LAUGHTER

■ "Laughter triggers the expansion of blood vessels with the interplay of endorphins, the neurochemical nitric oxide, and the inner lining of our blood vessels. This aids in lowering our blood pressure which increases blood flow, reduces vascular inflammation, dilates the bronchial tubes, and reduces the buildup of cholesterol plaque." ... And that's just the beginning!

■ *Heal your Heart*, Cardiologist, Dr. Michael Miller

WHAT PATIENTS FEEL ABOUT THEIR HEALTHCARE PROFESSIONALS...

I feel safe, someone knowledgeable is caring for me

THE SHELLS SHE PICKED UP...



PRESIDENT ABRAHAM LINCOLN



HANNAH



A TRIBUTE TO THE LATE PHYLLIS DILLER



"Always be nice to your children because they are the ones who will choose your rest home."

BY ALLAN WARREN - OWN WORK, CC BY-SA 3.0.
[HTTPS://COMMONS.WIKIMEDIA.ORG/W/INDEX.PHP?CURID=9584817](https://commons.wikimedia.org/w/index.php?curid=9584817)

Brenda

ELSAGHER

living and laughing

Simple ideas for Improving Humor at Work and Play.

Part of improving humor in your life is the ability to recognize it around you. Sometimes it's something funny you watch, hear or see happening in front of you. It could be a story you hear or a movie you watch. Other times its things we do to ourselves.

Blessed are they who can laugh at themselves for they shall never cease to be amused! (Anonymous)

Share what most recently made you laugh?

Share with another one of the funniest things that ever happened at work. (1 Minute Each.)

List 3 ways I currently use humor in my workplace. Share with one person.

- 1.
- 2.
- 3.

How can I tell if a patient might like humor?

- 1.
- 2.
- 3.

Share a time when someone put you at ease by using humor. (1 Minute Each)

On a scale of 1-10 with 10 being constant and one being rarely:

How often do I personally laugh in the work place and/or home?

1 2 3 4 5 6 7 8 9 10

What are ways that you have fun at meetings?

Suggestions for making the work place more fun.

- Start every meeting with a funny story or You Tube video: Ellen DeGeneres, Funny animal videos etc.
- Share an inspirational story
- Keep silly things at the desk to pick up to release tension: Slinky's, bouncy balls, magic wands, magnets, bendable figures, party hats etc.
- Theme days, colorful days, wig/hat days, use your imagination.
- Make a humor bulletin board for the meeting or break area. Never make it derogatory toward any race, religion or personal attack. Keep it light and neutral or self-deprecating. Therapeutic humor doesn't hurt. Change it often so it doesn't get stagnant and talk about something funny that happened at home or over the weekend. Incorporate humor into your staff newsletters. Add funny stickers. It's elementary but it works.

If you know a joke, share it now. (1 Minute Each)