

# 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 it's the 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 client/coworker 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 workplace 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 workplace 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)

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## Health Benefits of Laughter.

- Kicks our immune system into high gear. Stabilizes blood pressure.
- Massages inner organs. Facilitates digestion.
- Increases oxygen supply to muscles (aerobic!). That's my kind of exercise!
- Decreases muscle tension. Promotes an overall sense of well-being.
- Increases the activity level of natural killer cells that attack viral infected cells and some types of cancer and tumor cells. WOW!
- Increase in activated T cells. Laughter appears to tell the system to "turn it up a notch".
- Mirthful laughter contributes to a state that produces healthy or positive emotions.
- Increase in the antibody which fights upper respiratory tract infections.
- Laughter decreases stress hormones that constrict blood vessels.
- Used with conventional care, laughter reduces pain which aids in the healing process.
- Laughter is often a powerful distraction from pain.

Dr. Berk, Loma Linda University, CA

*The average 5 year old child laughs up to 300 times in a day. The average adult- 4 times a day. We need to experience hearty laughter and it's easy with all the technology around us. We have to make it intentional, especially when we are stressed out, exhausted and feeling blue.*

*Go to YouTube and click on anything that makes you laugh. Some people love to watch animals and babies, other people get a kick out of people falling down. Keep searching until you find yourself laughing out loud. You get a shot of endorphins and dopamine and that helps with tension, pain and can give you energy.*

*"Laughter aids your memory, improves your sleep, can help with blood pressure, hardening of the arteries and can help you form connections...its good for relationships at home, work and play." Heal Your Heart, Michael Miller, MD*

1. Want more humor? Get a funny friend, look at funny clips online, read funny stories...Bedpan Banter or Your Glasses are on Top of Your Head by Brenda Elsagher are great!(Shameless plug!)
2. Fun ideas to improve your day: Collect cartoons, jokes & limericks to have on hand. Watch funny movies or classic TV shows, Andy Griffith, Carol Burnett, Johnny Carson and late night TV is great. You can't go wrong with Ellen DeGeneres. Try laughing every day.
3. Share something funny that you saw, that happened to you or that you thought of, especially with your doctors and nurses, they need it too! Go all the way, tell them a joke they can pass on...
4. Let's Do Laughter Yoga... Ha, ha, Ho ho, He, he, SNORT
5. Do one of these 4 things every day to make you feel better. Laughter for 15 minutes, Music: sing, play or listen, Prayer or meditation, or Eat dark chocolate.

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