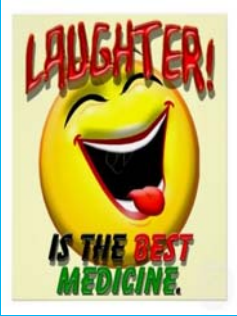


*LAUGHING YOUR WAY
TO WELLNESS*

COLLEEN Caron, RNC, MS, CDP
CARON Compassion
colleenacaron@comcast.net
847 312 9633



1

OBJECTIVES

- 1. Participants will identify the spiritual and emotional benefits of laughter
- 2. Participants will list 5 physical benefits a person receives from laughter exercises
- 3. Participants will identify positive neuro-transmitters enhanced during laughter Exercises
- 4. Participants will identify the decrease in stress releasing neuro-transmitters

2


Types of Humor

- Slapstick
- Parody- deliberately ridicules ,mimics another
- Spoof-a light parody, less focused on ridiculing
- Satire-mocking a section of comedy or politics
- Ironic-When the opposite of what's expected happens
- Farce-Extreme exaggeration of characters and circumstances
- Dark comedy-where humor touches even serious subjects

3

“Life too important to be taken seriously”

Oscar Wilde



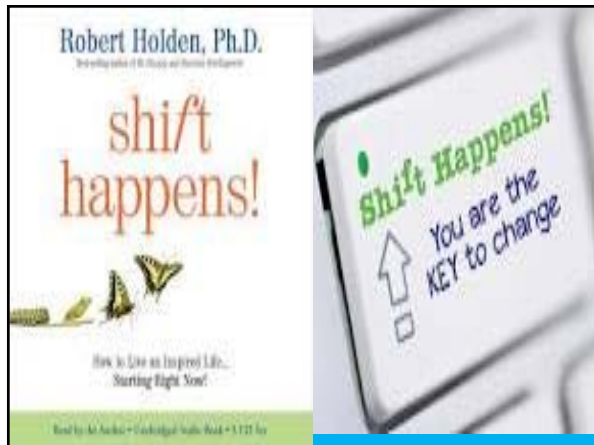
4

Robert Holden, Ph.D.
Best selling author of 10 books and former Professor

shift happens!


How to Live an Inspired Life... Starting Right Now!

Read by Al Anker • Unabridged Audio Book • 11:11



5

You know... Shift Happens!




"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn".

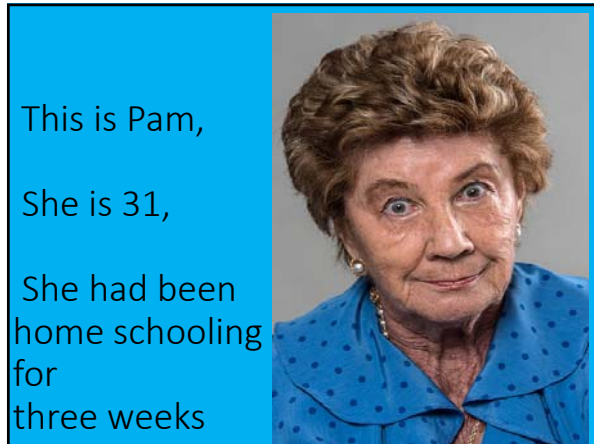
Alvin Toffler

"When you are through changing, you are through."

Will Rogers



6



7



8



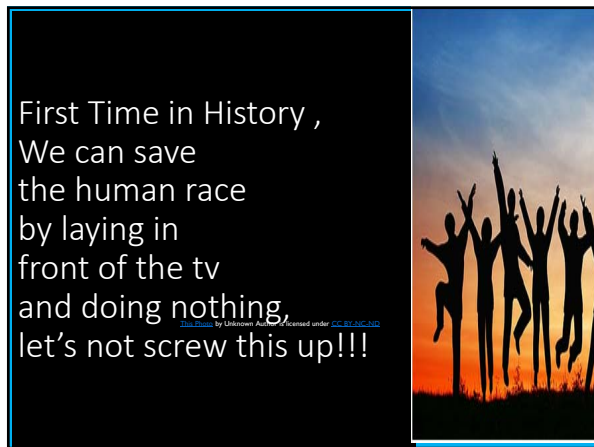
9



10



11



12

GOOD NEWS!

The Good News about being disorganized, you will discover new things daily !



13

THE NATIONAL BESTSELLING CLASSIC

NORMAN COUSINS

Author of THE SILENT TREATMENT OF LIFE and HEAD FIRST

Anatomy of an Illness
as Perceived by the Patient
Reflections on Healing and Regeneration

14

(Ology: The study of something)
LAUGHOLGY



15

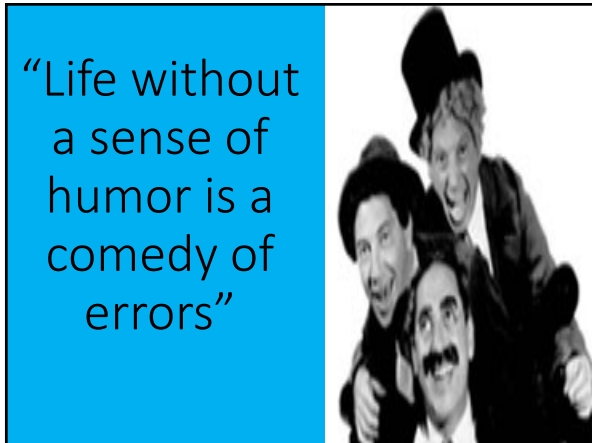
I Didn't Know What to Expect From the Dying Process, But I Never Expected to Laugh As Much!" Rev. Richard Walker



Wanna walk into a bar just to mess with people?

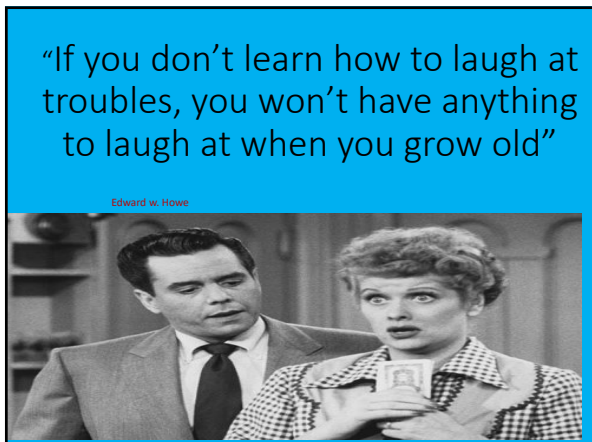
16

“Life without a sense of humor is a comedy of errors”



17

“If you don't learn how to laugh at troubles, you won't have anything to laugh at when you grow old” Edward w. Howe



18

ANATOMY OF A BELLY LAUGH

- Laughter is the physiological response to humor
Consists of two parts: a set of gestures and the production of a sound
- When we “belly laugh” changes occur in many parts of the body
- Some researches believe laughter functions as a kind of social signal, we are 30 times more likely to laugh in social settings than when we are alone

19

Range of motion for your funny bone!



20

Laugh like you did as a kid,

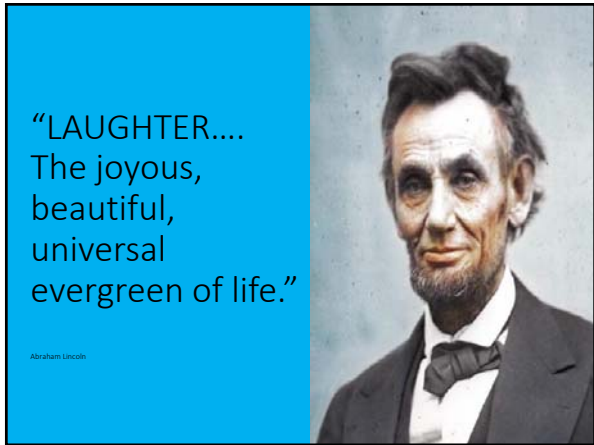


(If you didn't, learn how, time's a wastin')

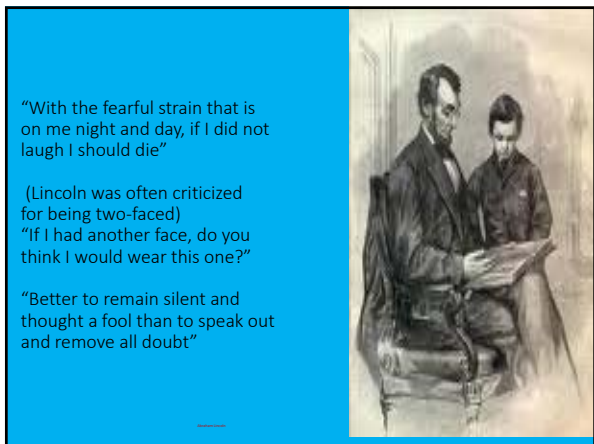
21

“The shortest distance
between two people
is laughter”

22



23



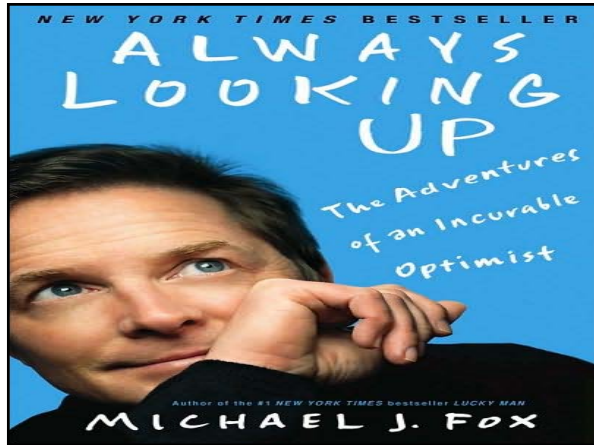
24

ABE LINCOLN

- He used laughter as a form of self-medication
- Lincoln’s mood would brighten if his friends could get him to laugh with a funny story or have him tell one of his humorous anecdotes
- On election night, 1864, Lincoln nervous and tense, anticipating a bad outcome, he read a book of humor to calm his nerves, When a member of his cabinet saw what Lincoln was reading, he left the White House in disgust, thinking the president did not understand the seriousness of the evening.
- Lincoln understood what modern-day doctors are not just discovering—laughter is healing!

Dr. Daniel G. Amen, M.D., MAGNIFICENT MIND AT ANY AGE 12/08

25



26

Michael J. Fox, cont’d

- Inspired by Christopher Reeve’s description of a hero: “An ordinary individual who finds the strength to persevere and endure”.
- “For everything this disease has taken, something with greater value has been given”
- He describes getting up in the morning with PD:
 - 1st stop is the bathroom, “It is essential to put the seat up”.

27

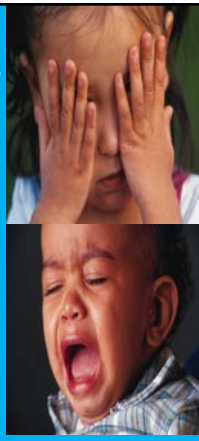
Remember, you don't stop laughing because you grow old. you grow old because you stop laughing!

28

Losing your GAME: or

“TERMINAL SERIOUSITIS”

(also known as “Intensifitis”)



29

The meeting of the negativity committee is adjourned, the positivity committee will be meeting



30

WE SURVIVE BECAUSE WE:

- ARE PASSIONATE
- HAVE HUMOR
- ARE COMPASSIONATE
- AND WE HAVE STYLE!

MAYA ANGELOU



31

WE MUST NOT BE:

- Misused
- Abused
- Used

But we must be of use!

MAYA ANGELOU

32

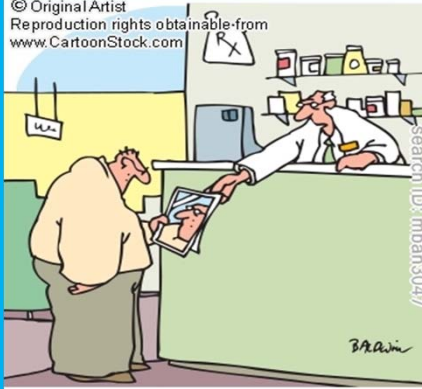


“Comedy is tragedy plus time”

33

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www.CartoonStock.com

"The person who knows how to laugh at himself will never cease to be amused"



"Take it for stress. It helps to laugh at yourself."

34

You grow up the day you have your first real laugh, at yourself!



ETHEL BARRYMORE

35

AND THE NUMBER ONE SIGN OF LOSING YOUR GAME IS.....



36


*LOSING
YOUR SENSE
OF
HUMOR!!*

The image shows the painting 'The Scream' by Edvard Munch, depicting a figure in the foreground with a hand to their face, looking out over a turbulent, orange and red sky over a body of water.

37

*“It is never too
late to have a
happy
childhood”*

Tom Robbins, American Author

The image shows three children jumping joyfully in the air against a white background.

38

*“When someone brings you to
the light, god is talking to you”*

Father Bill Burke

The image shows a dramatic sunset or sunrise over a landscape, with a bright orange and yellow sky and silhouettes of trees and buildings in the foreground.

39

“I think the most revolutionary thing you can do in our society is to be happy”

Patch Adams



40

“Life does not cease to be funny when people die any more than it ceases to be serious when we laugh”

(GEORGE BERNARD SHAW)

41

“Normal is just a cycle on the washing machine”

Whoopi Goldberg



42

“When humor goes, there goes civilization”

Erma Bombeck



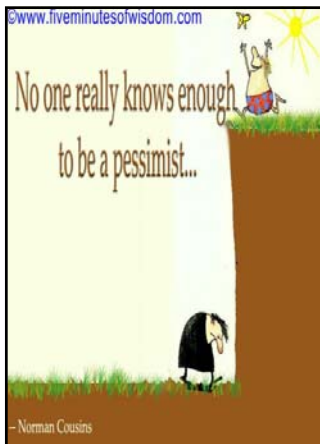
43

APPROPRIATE HUMOR

- Decreases Anxiety
- Is timed appropriately, but is often spontaneous
- Decreases Stress
- Is constructive
- Brings a problem into perspective
- Laughs with people
- Brings people closer together

44

©www.fiveminutesofwisdom.com



No one really knows enough to be a pessimist...

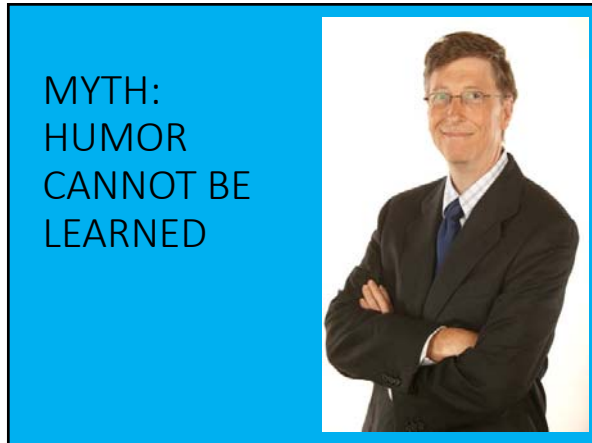
—Norman Cousins

- 1960'S —Grandfather and pioneer on “laughter therapy”
- Claims “laughter Therapy” made his illness less painful and eventually cured him
- 1976 wrote article on his experience in *THE NEW ENGLAND JOURNAL OF MEDICINE*, beginning a debate about the healing power of humor

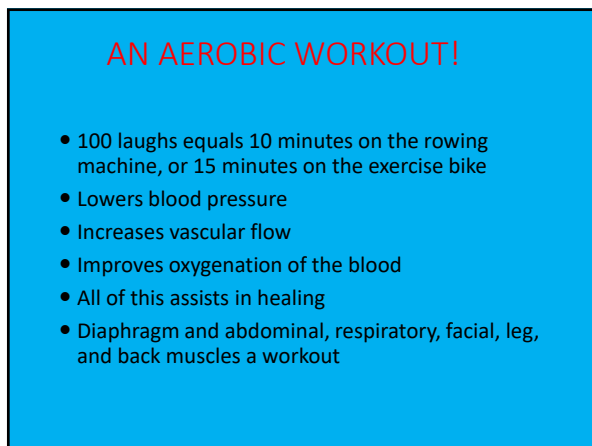
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46



47



48

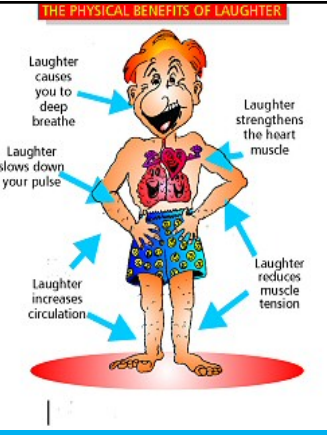
LAUGHTER YOGA

- It's all about deep breathing and stretching, and moving, and using muscles, exercising the cardiovascular system, and the core!

49

PHYSICAL BENEFITS

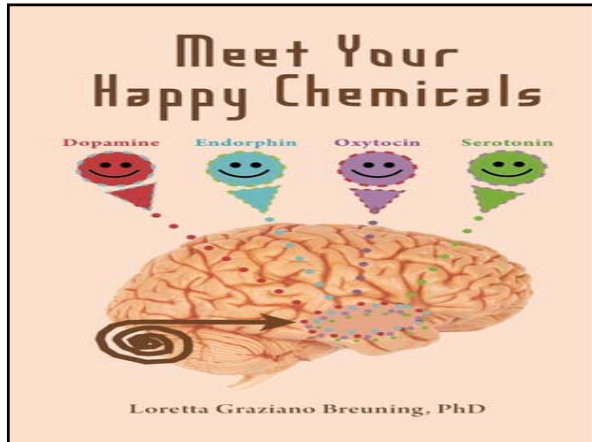
- Increased breathing and heart rates, increased use of Oxygen
- Laugh more, use more oxygen, stimulate the circulatory system
- Exercises the same muscles and organs we use for breathing
- Decreases pain
- Strengthens the immune system
- Lowers blood pressure



50



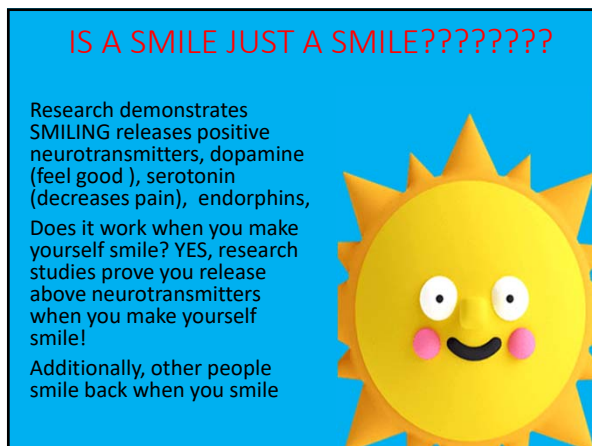
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52



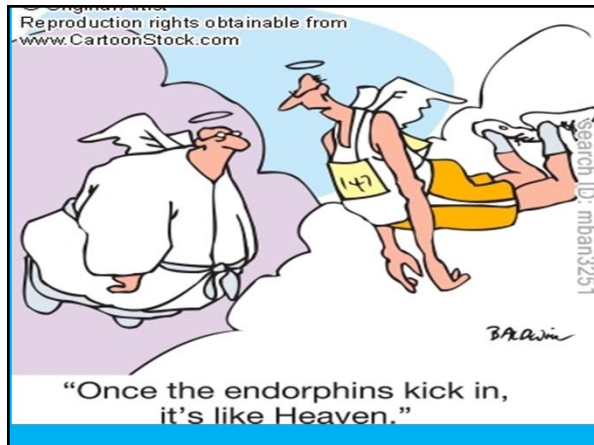
53



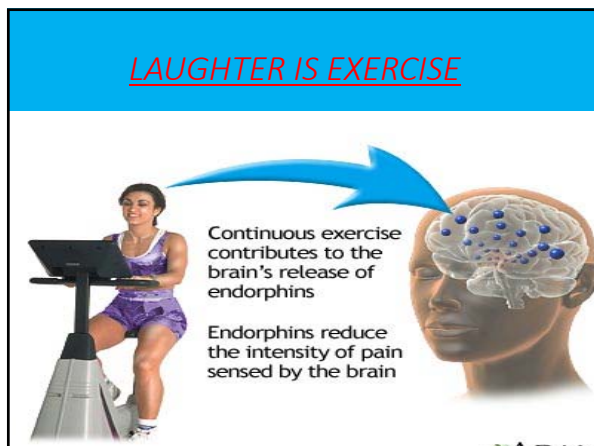
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56



57

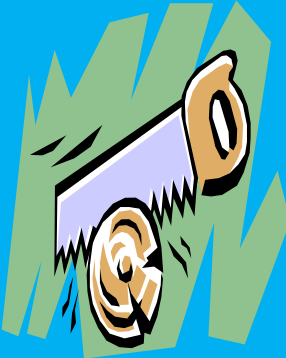
*So how to
get your
game
back??????
???????*



58

SHARPEN THE SAW

- SPIRITUAL
- MENTAL
- PHYSICAL
- SOCIAL



Steven Covey

59

**SHARPEN
YOUR
FUNNY
BONE!**



60

AVOID "ANTS"
(OR AMEN)
{automatic negative thoughts}

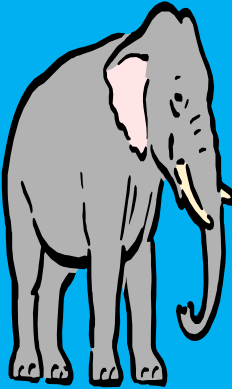


DON'T SHOULD ON YOURSELF!


- I shouldn't have ya da ya da ya da
- Nothing ever goes right for me!
- I have the worst luck!
- I should be more like so and so!

61

*How do you eat
an elephant?
One bite at a
time!*



62

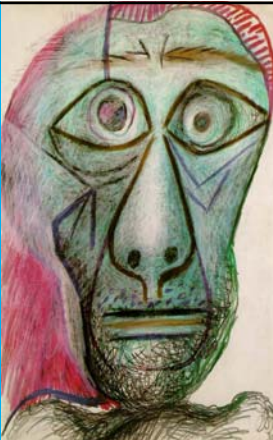


*Life by the
inch is a cinch,
life by the
yard is hard!*

63

“It Takes a Very Long Time to Become Young”

Pablo Picasso



64

HOW TO SHARPEN YOUR HUMOR BONE

- Lighten up!
- Humor diary
- Ask family, friends for humor reminders
- Read the funnies!
- Laugh at yourself!
- Do a daily “ta-da”
- Humor scrapbook

65

LIGHTEN UP, CONT'D


LIGHTEN UP. See humor in everyday situations, and especially in yourself. Become your own entertainment center. *As long as you show up, you'll have fun.*



click here to download & lighten up!

66

If you're not suffering, don't practice!



67

“They say you shouldn't say nothin' about the dead unless it's good. he's dead. Good!

JACKIE "MOMS" MABLEY

68

“Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away, and you have their shoes”

Jack Handey, American Humorist

69

"I THINK WE'RE HERE FOR EACH OTHER" (Carol Burnett)



70

*Yesterday is History,
Tomorrow is a Mystery,
Today is a Gift,
That's Why They Call it
"The Present"*

71

*"The way I see
it, if you want
the rainbow,
you gotta put
up with the
rain"*




72

“The world is so full of care and sorrow that it is a gracious debt we owe to one another to discover the bright crystals of delight hidden in somber circumstances and irksome tasks”

HELEN KELLER

73

As Charlie Chaplin once observed: “A paradoxical thing is that in making comedy, the tragic is precisely that which arouses the funny...we have to laugh due to our helplessness in the face of natural forces and (in order) not to go crazy.”



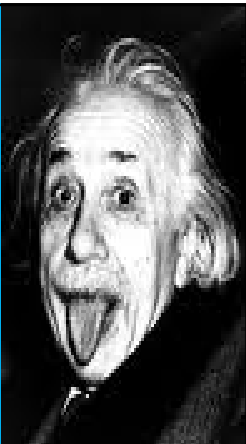
74



Vote for
YOURSELF
YOU MAKE SHIFT HAPPEN!
SHIFT HAPPEN.COM
PAID FOR BY YOUR HARD WORK


75

This life is a test...It is only a test. If it has been an actual life, you would have received further instructions on where to go and what to do.



76

Life may not be the party you hoped for, but while you're here, you might as well dance!



77
