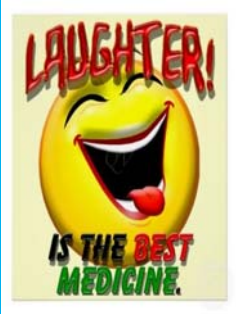


*LAUGHING YOUR WAY
TO WELLNESS*

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 neurotransmitters enhanced during laughter Exercises
- 4. Participants will identify the benefits of “belly breathing”, the yoga breath

2

(Ology: The study of something)
LAUGHOLOGY



3

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

4


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

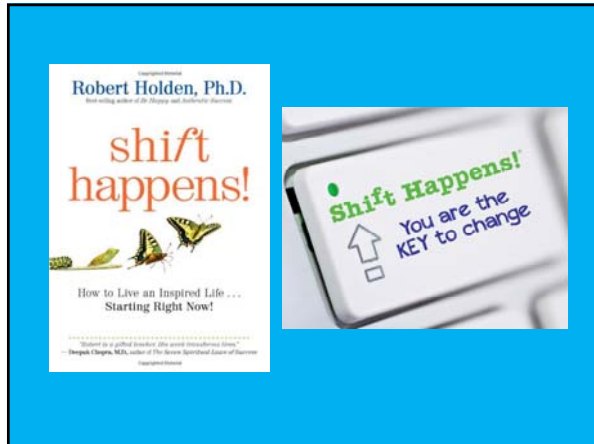
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“Life too important to be taken seriously”

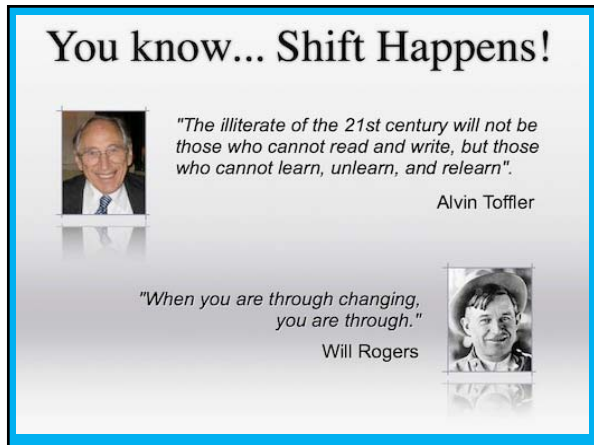
Oscar Wilde



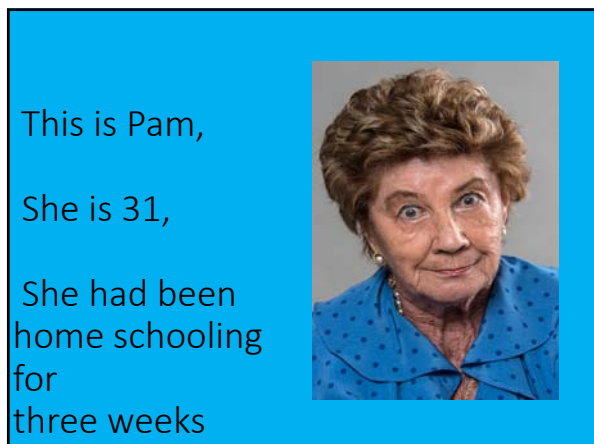
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7



8



9



10




11



12

First Time in History ,
We can save
the human race
by laying in
front of the tv
and doing nothing,
let's not screw this up!!!



13

*LOSING YOUR GAME:
OR.....*

**"TERMINAL
SERIOUSITIS"
(also known as
"Intensifitis")**

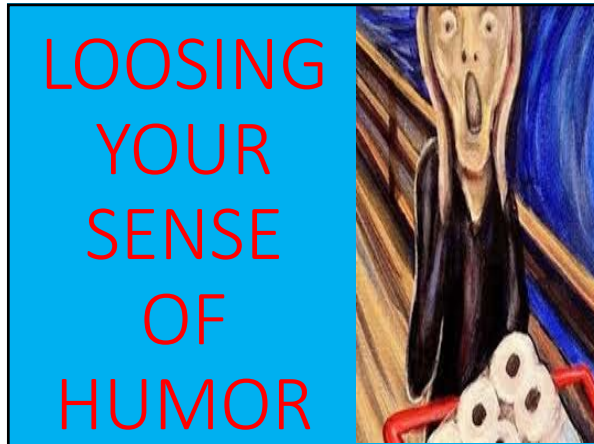


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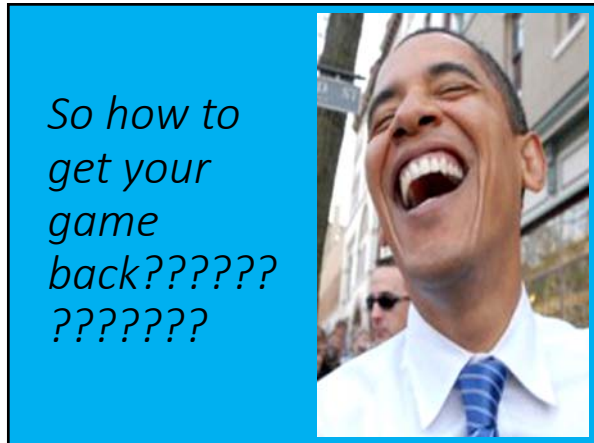
**AND THE
NUMBER ONE
SIGN OF LOSING
YOUR GAME
IS.....**



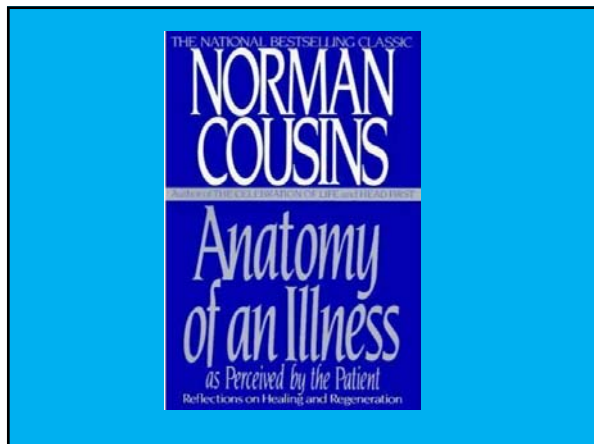
15



16



17



18




- Lifts the Spirit
- Improves Mental Function
- Relaxant and Tranquilizer
- Relieves Pain
- Increases Antibodies in Saliva
- Reduces Heart Rate and Blood Pressure
- Conditions Abdominals
- Burns Calories

19

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

20

AN AEROBIC WORKOUT!

- 100 laughs equals 10 minutes on the rowing machine, or 15 minutes on the exercise bike
- Lowers blood pressure
- Increases vascular flow
- Improves oxygenation of the blood
- All of this assists in healing
- Diaphragm and abdominal, respiratory, facial, leg, and back muscles a workout

21

PHYSICAL BENEFITS

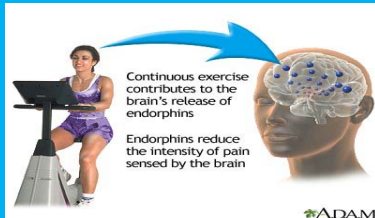
- Increased breathing and heart rates, increased use of Oxygen
- Laugh more, use more oxygen, stimulate the circulatory system
- Exercises the same muscles and organs we use for breathing
- Decreases pain
- Strengthens the immune system
- Lowers blood pressure



22

LAUGHTER IS EXERCISE

(Neurotransmitters in the brain, natural morphine-1)



23

Range of motion for your funny bone!



24

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

Wanna walk into a bar just to mess with people?

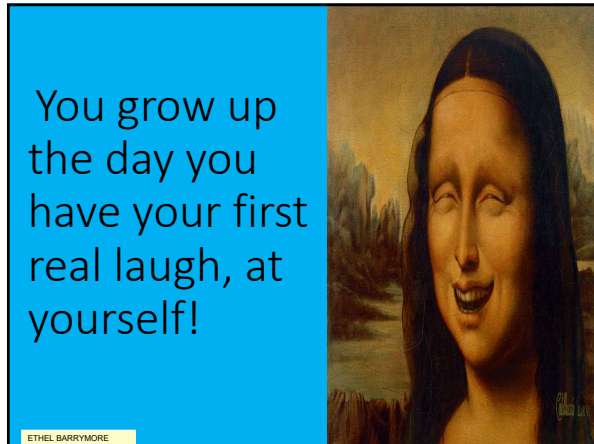
25

"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

26

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

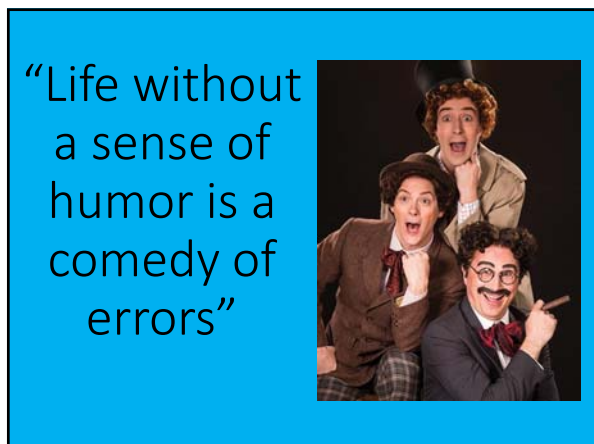
27




28



29




30

Laugh like you did as a kid,

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

31

“The shortest distance
between two people
is laughter”

32

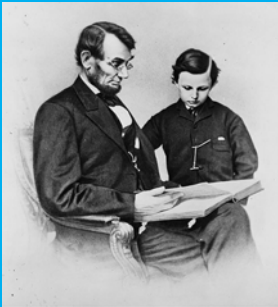
“LAUGHTER....
The joyous,
beautiful,
universal
evergreen of life.”
Abraham Lincoln


33

“With the fearful strain that is on me night and day, if I did not laugh I should die”

(Lincoln was often criticized for being two-faced)
“If I had another face, do you think I would wear this one?”

“Better to remain silent and thought a fool than to speak out and remove all doubt”



34

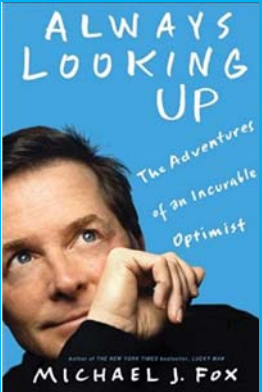
ABE LINCOLN

- 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

35

Michael J. Fox
“Always Looking Up, The Adventures of an Incurable Optimist”

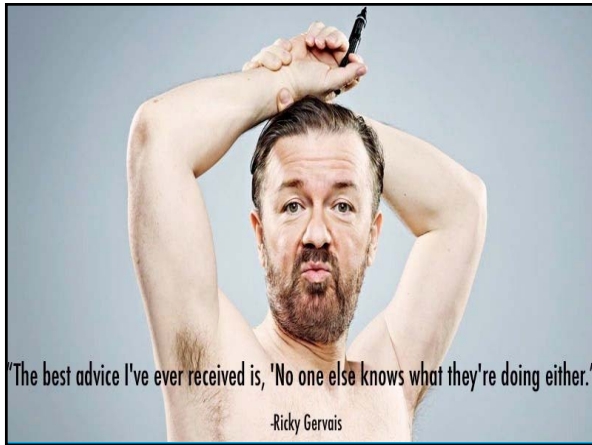


36

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".


37



'The best advice I've ever received is, 'No one else knows what they're doing either.'

-Ricky Gervais

38



Funny is funny. And if it's good, it travels.

James Corden
www.kidhearts.com

39

My Grandmother Started
Walking Five Miles A Day
When She Was Sixty.
She's Ninety-Seven Now,
And We Don't Know
Where The Hell She Is.
- Ellen Degeneres




LinesCafe

40

WE SURVIVE BECAUSE
WE:

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



MAYA ANGELOU

41

WE MUST NOT BE:

- Misused
- Abused
- Used

But we must be of use!

MAYA ANGELOU

42




*“Comedy is
tragedy plus
time”*

43

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

Tom Robbins, American Author



44

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

Patch Adams




45

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

46

“Normal is just a cycle on the washing machine”
Whoopi Goldberg



47

“When humor goes, there goes civilization”
Erma Bombeck




48

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

49


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

50

**MYTH:
HUMOR
CANNOT BE
LEARNED**




51


LAUGHTER YOGA


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


52

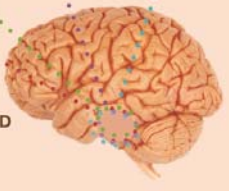
Meet Your Happy Chemicals

Dopamine


Serotonin


Oxytocin


Endorphin




Loretta Graziano Breuning, PhD
Loretta@EnneMammalInstitute.org

53


AN EVERYDAY HEALTH INFOGRAM

THE LOVE HORMONE

5 simple ways to release oxytocin and make your honey healthier

- 1. Make Eye Contact**
When you smile warmly and look into one another's eyes, oxytocin can encourage a sense of trust.
- 2. Hug**
While in each other's embrace sharing a hug, oxytocin can make you want to stay and cuddle.
- 3. Hold Hands**
Touch can decrease the stress hormone cortisol, lower blood pressure, and release oxytocin.
- 4. Kiss**
A smooch may start out with a rush of dopamine and desire, but can lead to a sweet surge of oxytocin.
- 5. Play Music and Dance**
Music and dancing can enhance your mood and may release oxytocin.

Source: The Cleveland Center for Research on Women, Cleveland, OH, 2012/13 (Case Files)


everyday 

54

IS A SMILE JUST A SMILE?????????

Research demonstrates SMILING releases positive neurotransmitters, dopamine (feel good), serotonin (decreases pain), endorphins, Does it work when you make yourself smile? YES, research studies prove you release above neurotransmitters when you make yourself smile!

Additionally, other people smile back when you smile



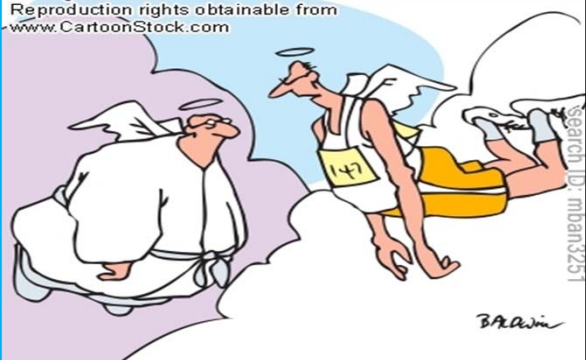
55

SEDENTARY IS THE NEW SMOKING!!!!



56

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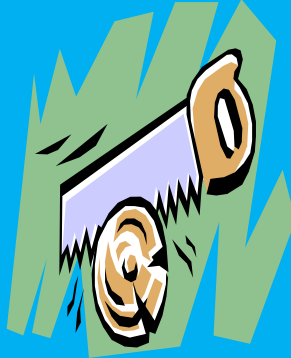


“Once the endorphins kick in, it’s like Heaven.”

57

SHARPEN THE SAW

- SPIRITUAL
- MENTAL
- PHYSICAL
- SOCIAL



Steven Covey

58

SHARPEN
 YOUR
 FUNNY
 BONE!



59

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

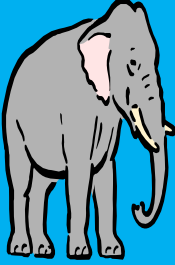


DON'T SHOULD ON YOURSELF!

- 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!


60

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



61


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



62

*“It Takes a Very
Long Time to
Become
Young”*

Pablo Picasso



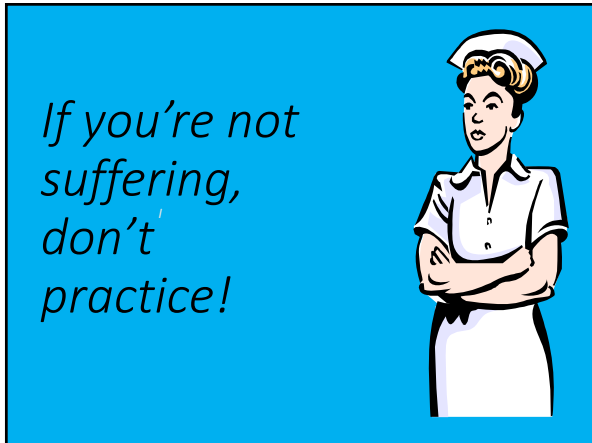
63

LIGHTEN UP, CONT'D

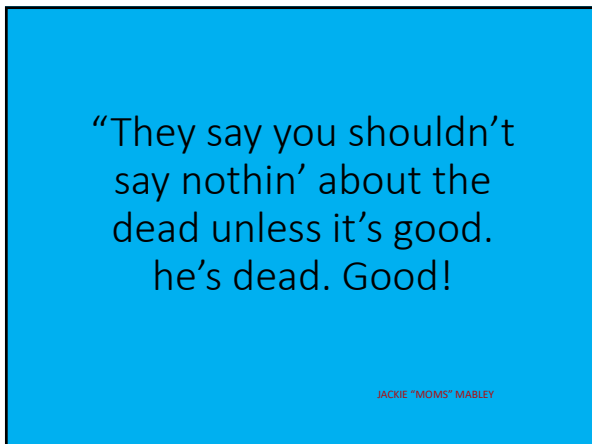
LIGHTEN UP. See humor in everyday situations, and especially in yourself. Become your own entertainment center. *As long as you show up, you'll have fun.*



64



65



66

“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

67

“I THINK WE’RE HERE FOR EACH OTHER” (Carol Burnett)



68

*Yesterday is History,
Tomorrow is a Mystery,
Today is a Gift,
That’s Why They Call it
“The Present”*

69

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



DOLLY PARTON


70

“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

71

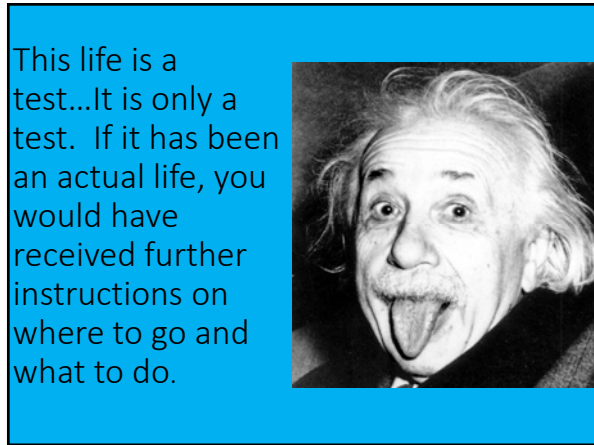
As Charlie Chaplin once observed: “A paradoxical thing is that in making comedy, the tragic is precisely that which arouses the funny...we have to laugh due to our helplessness in the face of natural forces and (in order) not to go crazy.”



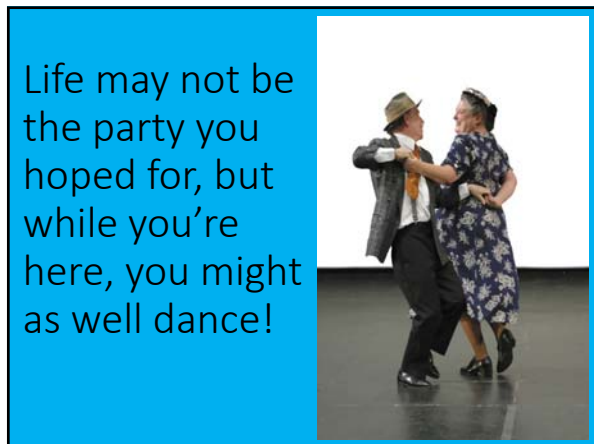
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73



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75
