

Humor Me

Stress Management and Humor in the Workplace



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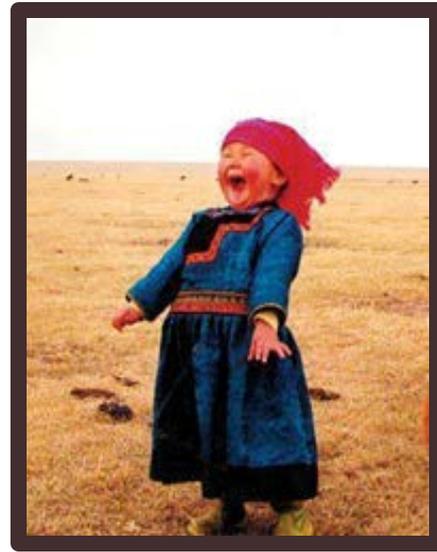
Laughter

is your
birthright,
a natural
part of life
that is
innate and
inborn.





e-e-e-e-EE!
Eeeeahaha
hee-e-ee-
eee-e!!!
E-E-E-E-
EEEE!!!!





LIFE HAPPENS

- Expectations
- Peer Pressure
- School
- Dating
- Work
- Marriage
- Children
- Finances





= No Fun

What is *Stress*?

- Different for everyone
- Physical and emotional response to change.
 - Life is ever changing.
 - Threatened
 - Your balance is upset
- Not the situation - but how **we** respond to the it.
- **We** have control over how we'll respond to every situation.

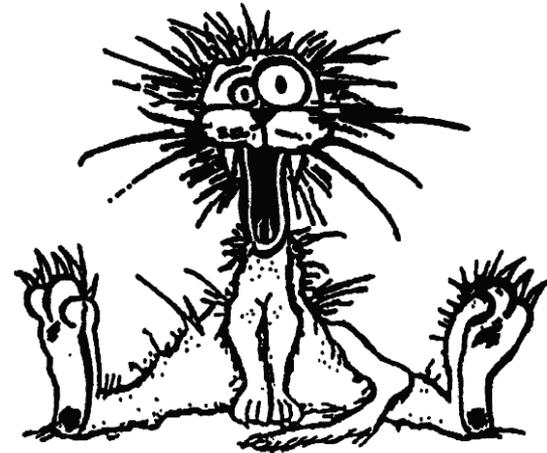


Two Kinds of *Stress*?

Eustress

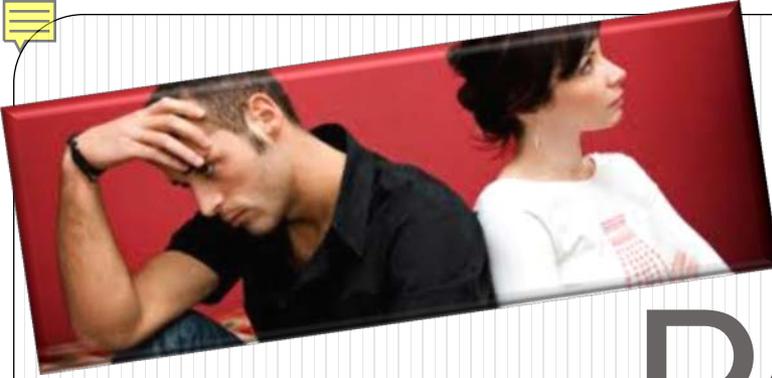
- Good Stress
- Rise to challenges
- Keeps you on your toes
- Sharpens concentration
- Helps you perform under pressure
- Motivates you to do your best

Distress



"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !



People

We are forced to deal with imperfect people every day and we are not well trained to do so.



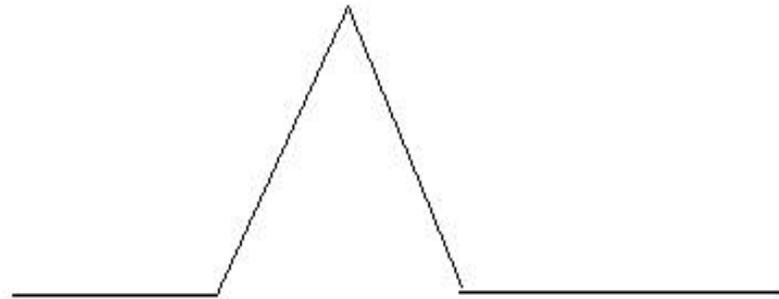
Body's Response to *Stress?*

- Blood pressure rises
- Heart rate increases
- Breathing is shallow & rapid
- Muscles become tense and ready for action
- Sugars in bloodstream
- Cortisol released
- Adrenaline kicks in



Labeling *Stress*

- Acute
Intense, but
disappears
quickly



- Chronic
Less intense,
but for longer
duration



Too much, Too often, Too long

Many health problems are caused or exacerbated by stress



- Heart disease
- Digestive problems
- Sleep problems
- Depression/ Anxiety
- Obesity
- Suppressed immune system
- Skin conditions, such as eczema
- Poor concentration and performance
- Memory problems



Job *Stress* - Statistics



- 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress
- 42% say their coworkers need such help
- 25% have felt like screaming or shouting because of job stress
- 14% of respondents had felt like striking a coworker in the past year, but didn't

2000 annual "**Attitudes In The American WorkplaceVI**" Gallup Poll

Where Do You Fit?

Mind Full

- Worry thoughts
 - Rumination
 - Stress
 - Anxious
- Multi tasking

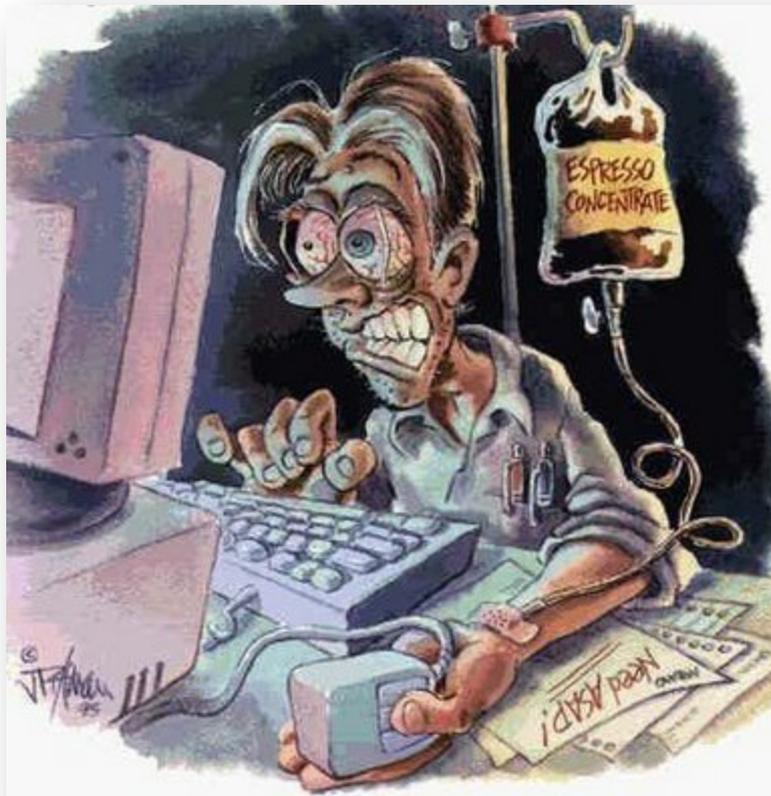


Mindful

- Present
- Focused
- Centered
- In the moment
 - Calm



So what do we do???



- Medication
- Vacation
- Bottle it up and blow up later
- Huddle in a corner and cry
- Touchy feely techniques



CAUTION

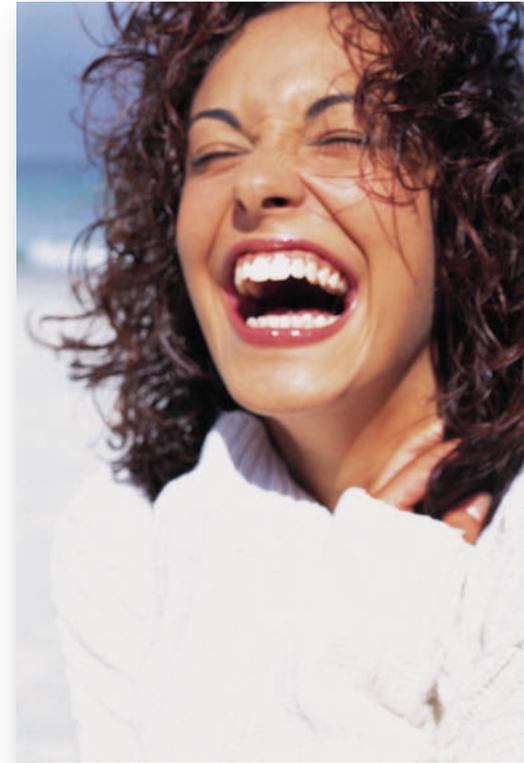
MY BOSS TOLD
ME TO CHANGE
THE STUPID SIGN
SO I DID

PETRO-CANADA



You can laugh!

- Diminishes anxiety
- Strengthens the immune system
- Increase tolerance to pain
- Raises oxygen levels
- Reduces the incidence of arterial blockage, angioplasties, and heart attacks!



Fun!



Besides all that...

**It Just
Makes
You Feel
Better!!**



Stress Reduction Kit

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

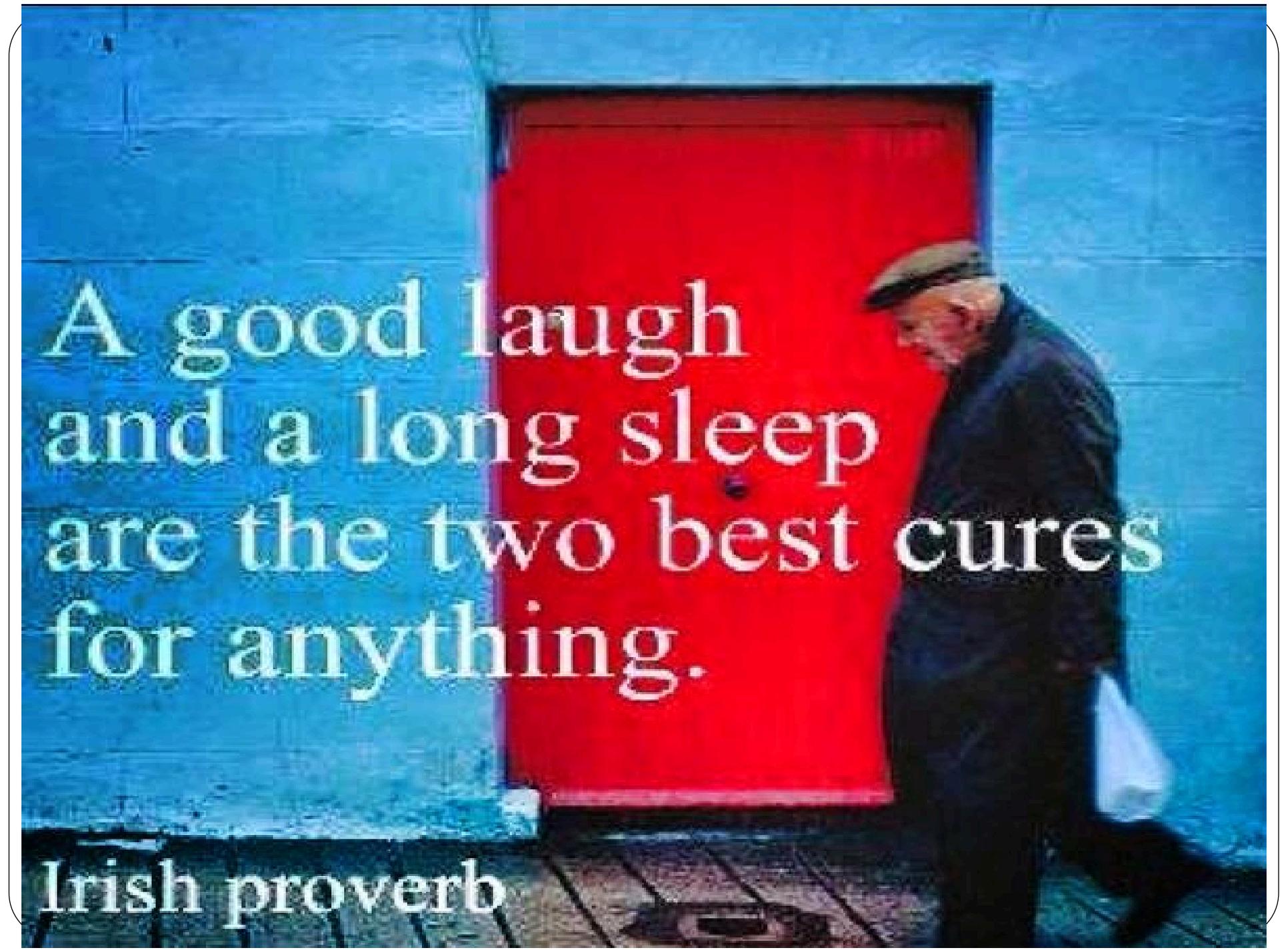


ALWAYS HAVE



Sue Fitzmaurice FB/SueFitz50

AS MUCH FUN AS POSSIBLE

A photograph of a man in a dark suit and cap walking past a red door in a blue-walled building. The man is walking from right to left, looking down. The door is a vibrant red, and the walls are a deep blue. The ground is paved with cobblestones.

A good laugh
and a long sleep
are the two best cures
for anything.

Irish proverb

Stress Management Tools

- *Laugh!*
- Maintain a healthy weight
- Sleep 8 hrs/night
- Cut Caffeine
- Eat Right
- Exercise
- Don't smoke
- Quiet time/meditation
 - Shower for the mind -



A Healthy Body is less likely to react to stress.

Benefits of Laughter

- Social Benefits



- Physical Health Benefits



- Mental Health Benefits



Social Benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding



“LAUGHTER
IS THE SHORTEST
DISTANCE
BETWEEN TWO
PEOPLE.”

VICTOR BORGE



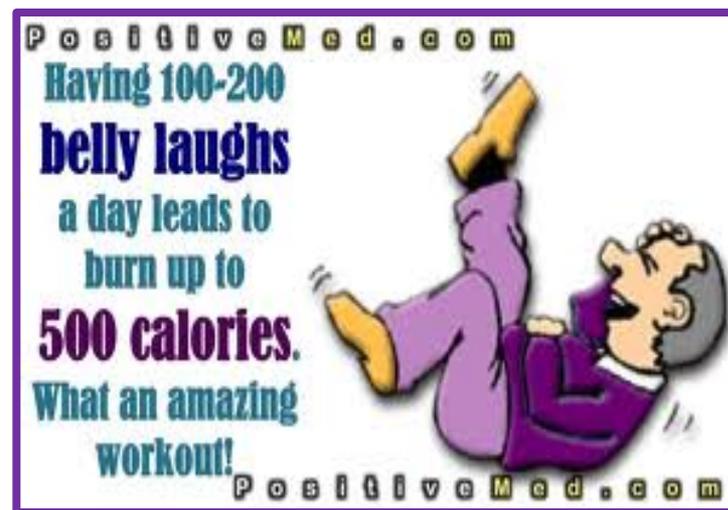
Mental Health Benefits

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Elevates mood
- Enhances resilience
- Dissolves distressing emotions
- You can't feel anxious, angry, or sad when you're laughing

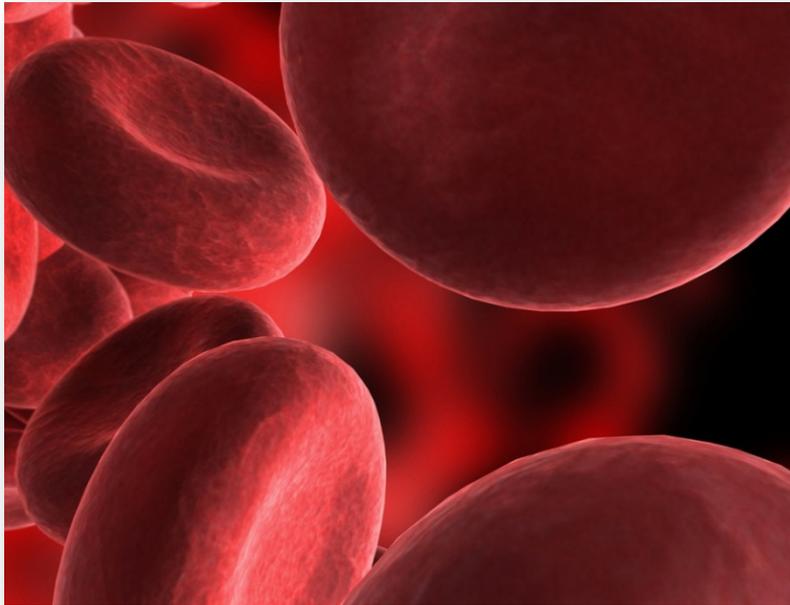


Physical Health Benefits

- Boosts Immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease
- Motor reflex, requiring the coordinated movement of 15 facial muscles
- Stimulates hormonal activity that can benefit the immune system



University of Maryland Medical Center



- The first study to indicate that laughter may help prevent heart disease
- Compared humor responses of 300 people
 - 150 heart disease
 - 150 no heart disease

Results:

- People with heart disease were less likely to recognize humor or use it to get out of uncomfortable situations.
- They generally laughed less, even in positive situations and they displayed more anger and hostility.



Laughter is the
best medicine!





Laughing

- Gives us power
- Helps us cope
- Keeps us balanced
- Provides perspective
- Reduces hardening of the attitudes





Dear Mom & Dad...

I am sorry that I have not written, but all my stationary was destroyed when the dorm burned down. I am now out of the hospital and the doctor said that I will be fully recovered soon. I have also moved in with the boy who rescued me, since most of my things were destroyed in the fire.

Oh yes, I know that you have always wanted a grandchild, so you will be pleased to know that I am pregnant and you will have one soon.

Love, Mary

P.S. – There was no fire, my health is perfectly fine, and I am not pregnant. In fact, I do not even have a boyfriend.

However, I did get a D in French and a C in math and chemistry, and I just wanted to make sure that you keep it all in perspective.

"The only way to
get through life is
to **laugh** your way
through it. You
either have to
laugh or cry.
I prefer to
laugh. Crying gives
me a headache."

Marjorie Fay Hinckley





Laughter puts deposits
into your emotional
bank account so
everybody else
can withdraw



- Oprah Radio's Life Class

Norman Cousins



- 1964 Ankylosing Spondylitis which attacks connective tissue.
- Six months to live
- Negative stress causes disease and affects the immune system
- Theorized if negative emotions are detrimental to body, positive emotions should improve health.

Norman Cousins



- Humorous stories and played Marx Brothers, Three Stooges, Laurel and Hardy.
- Laughter relieved the pain and helped him sleep.
- 1989 JAMA - Laughter therapy could help improve the quality of life for patients with chronic illness.
- 'Anatomy of an Illness'

Watch this video...

- What would work at your workplace?



- What would work at home?

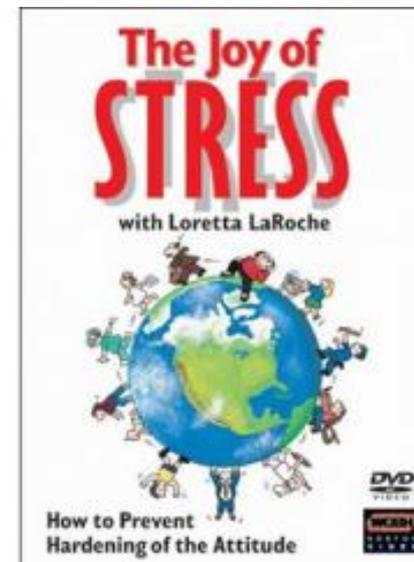
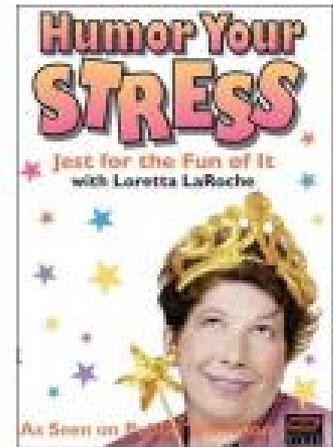


The Joy of STRESS

With Loretta LaRoche

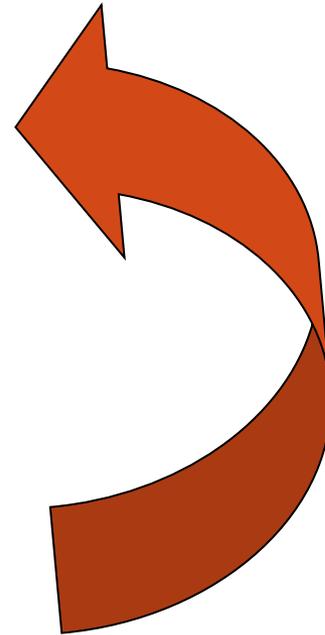
The Joy of Stress

- Loretta LaRoche
- www.lorettalaroche.com



No-Humor Cycle

- Irrationality
- Upset ness
- Anxiety
- Depression
- No humor





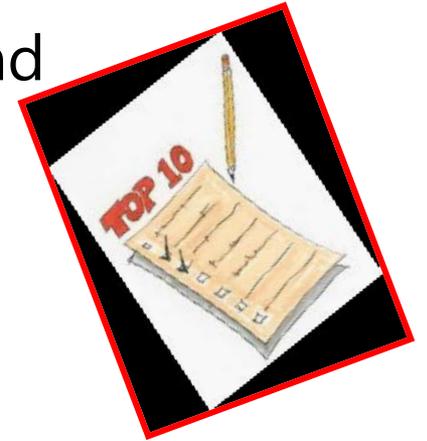
Thoughts = Feelings = Actions = Results

- *Catch* yourself thinking in a negative way. Every feeling is preceded by a thought, always.
- *Own* that only you can make you feel a certain way. The meaning we add to that event is what makes us feel that way.
- *Replace* the thought with an upgrade - i.e. Gratitude, Laughter,



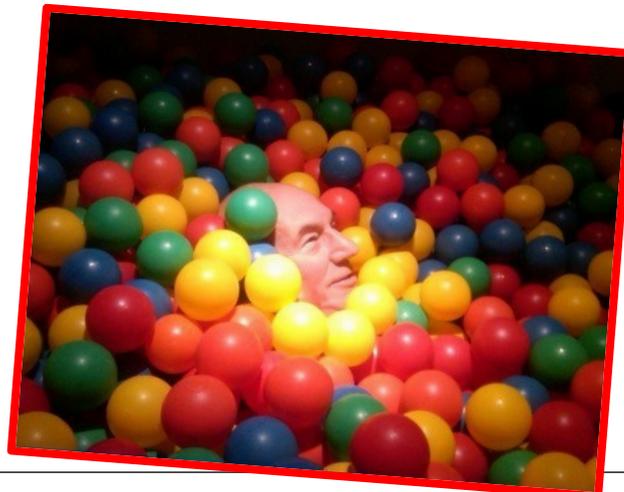
Loretta's Ideas

1. Make a joy list – Something relatively easy and pleasant to do.
2. Give the gift of joy.
3. Experience the joy of everyday life.
4. Move joyfully
5. Think joyfully



Create Opportunities To Laugh

- Watch a funny movie or TV show.
- Go to a comedy club.
- Read the funny pages.
- Seek out funny people.
- Share a good joke or a funny story.



Create Opportunities To Laugh

- Host a game night with friends.
- Check out your bookstore's humor section
- Goof around with children
- Do something silly
- Go to a laughter yoga class



"DOCTORS ARE BEGINNING TO REALIZE WHAT A VALUABLE TOOL LAUGHTER IS. THEY SHOULD BE WRITING PRESCRIPTIONS FOR THIS."

-YVETTE HALPIN,
LAUGHTER YOGA
INSTRUCTOR



Rx PRESCRIPTION

Name Everyone

Age Any

Notes:

*Laugh q 4
hours for 5
minutes
Repeat daily*





Find humor wherever you go.
It's all around us.



ILLITERATE?

WRITE FOR FREE HELP.

ILLITERACY FOUNDATION
806 MAIN STREET

ILLITER

www.StrangeCosmos.com



THE NEWS & OBSERVER

**Trial
on hold
3 years**

*Explanation
of delay*



17 REMAIN DEAD IN MORGUE SHOOTING SPREE

**Microsoft
breakup
won't be
pursued**

MEN

←
to the left
because

WOMEN

→
are always right!

THIS GATE MUST BE

OPEN OR SHUT
AT ALL TIMES



CAUTION

**THIS SIGN HAS
SHARP EDGES**

DO NOT TOUCH THE EDGES OF THIS SIGN



ALSO, THE BRIDGE IS OUT AHEAD



SHERRILL'S
EAT HERE
AND
GET GAS
BILL & ANN--OWNERS

Self Service
• UNLEADED •
297⁹
• UNLEADED PLUS •
207⁹

doctors' strike



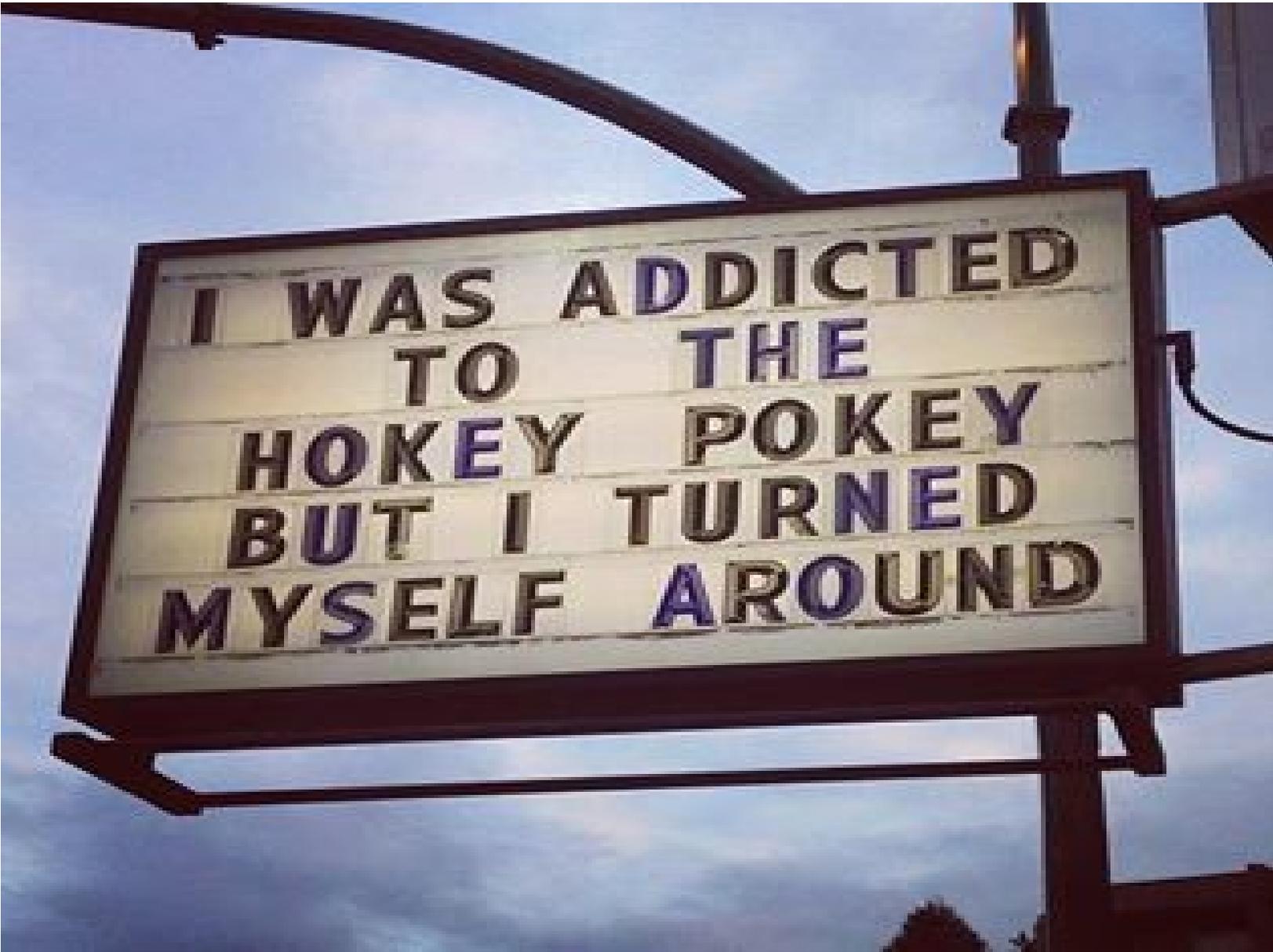




????????????



I've been sitting here with a cop behind me for 5 minutes.
What do I do?

A photograph of a white sign with a dark border, mounted on a metal pole. The sign features a humorous message in blue, blocky, all-caps letters. The text is arranged in five lines. The background is a clear blue sky. The sign is slightly tilted to the right.

I WAS ADDICTED
TO THE
HOKEY POKEY
BUT I TURNED
MYSELF AROUND

**TOUCHING WIRES CAUSES
INSTANT DEATH**



\$200 FINE

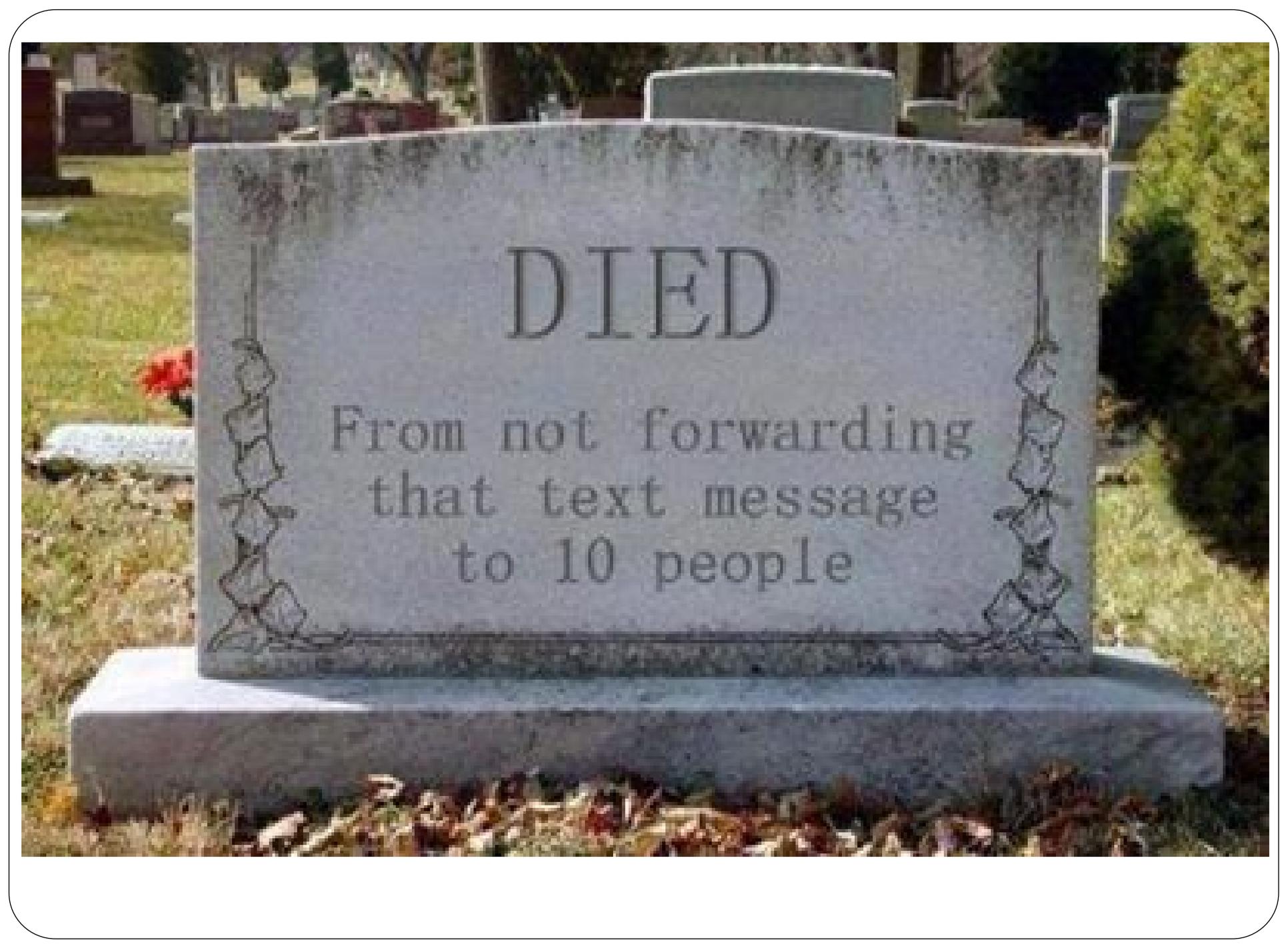


Newcastle Tramway Authority

**Anyone
caught
EXITING
thru this
door will be
asked to
LEAVE!**

GARBAGE ONLY

NO TRASH



DIED

From not forwarding
that text message
to 10 people



TOILET STOLEN FROM
POLICE STATION. COPS
HAVE NOTHING TO
GO ON

PLEASE

**DON'T THROW
YOUR CIGARETTE ENDS
ON THE FLOOR
THE COCKROACHES
ARE GETTING CANCER**

WEIGHT WATCHERS

Ice Cream

Baskin  Robbins.

Yogurt

Ice Cream

Yogurt

Pies & Cakes

Weight Watchers

Catch the Coolest
Don't Stay Up

10

OPEN

BIG-BOYS.COM

JUN

9



It's Your Choice:

You can either laugh...



...or cry.

What would you rather do?



Top 10 Reasons Why You Should Laugh



10

**Laughter gets you out of your head and
away from your troubles.**

Literally laugh it off, you'll feel better



9



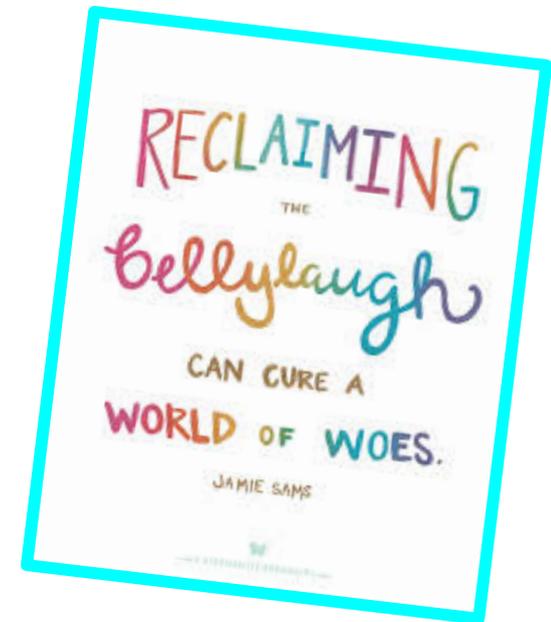
Laugh to strengthen your immune system. Your immune system is boosted for a least 12 hours after watching a funny movie. It's cheap medicine.



8



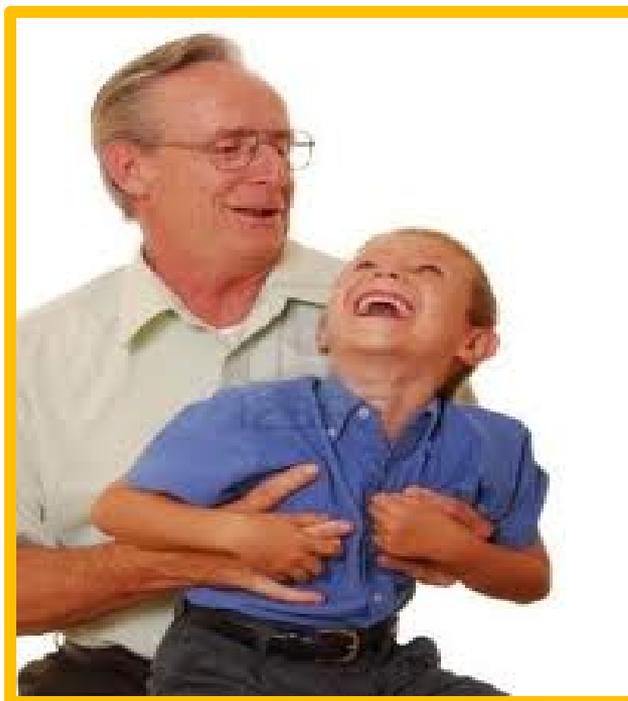
**Laugh to reduce stress and tension.
Laughter really is a release.**



7

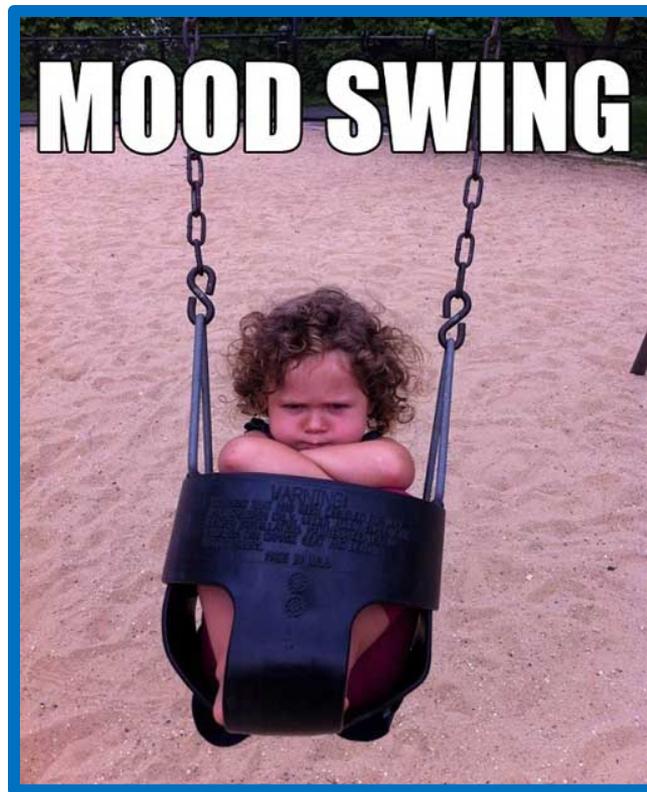


Laugh because life is too precious to be filled with excess seriousness



6

Laugh to reduce depression. Your body releases endorphins so you actually start to feel better.





5



**There is no right no wrong way to laugh,
anyone can do it.
No skill required.**



4

**Laugh to feel young again.
Yes, laughter is anti-ageing.**



3



Laughter is one of the easiest and cheapest ways to relax your body.



2



A good belly laugh is great exercise. It works both the stomach and facial muscles



1

LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.



THANK YOU!

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