Stress Management: Humor
Stress Relief from Laughter

A good sense of humor can’t cure all ailments, but data has been building up about the positive things laughter can do! Laughter is a great form of stress relief for anyone!

Having a sense of humor about life’s challenges is a great way to relieve stress. A sense of humor will help you build resilience to stress as well as improve your overall physical and emotional state.
A good laugh has great short-term benefits! Some of those benefits include:

1. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

2. Activate and relieve your stress response through laughing. Laughing fires up and cools down your stress response. Which then can increase and decrease your heart rate and blood pressure that results in a good, relaxed feeling.

3. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce physical symptoms of stress.
Humor just doesn’t have short-term benefits, but they also have long-term benefits. Those include:

1. Laughter can help improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. Thinking positive thoughts can release neuropeptides which will help fight stress!

2. Laughter may ease pain by causing the body to produce its own natural painkillers!

3. Laughter can also improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety to make you feel happier.
More Benefits

Using a sense of humor for stress management can:

1. Help you bond with others
2. Look at things from a different perspective
3. Normalize our experience
4. Keep relationships strong
Humor Resources

The next couple of slides will have different resources that you can use! There will be website links to jokes, funny short stories, laughter yoga and different types of funny videos!
Tonight I dreamt of a beautiful walk on a sandy beach……

That explains the footprints I found in the cat litter box this morning……

https://short-funny.com/hilarious-jokes.php
A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, “Crushed nuts?”

“No,” he replied “Arthritis.”

https://www.elderoptionsoftexas.com/jokes.htm
Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!
A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'
An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'

https://www.atimetolaugh.org/aging-with-humor.html
-A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

-Later that night, while watching TV, the old man gets up from his chair. 
**Husband:** 'Want anything while I'm in the kitchen?' he asks. **Wife:** 'Will you get me a bowl of ice cream?' **Husband:** 'Sure.' **Wife:** 'Don't you think you should write it down so you can remember it?' she asks. **Husband:** 'No, I can remember it.' **Wife:** 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so you don't forget it?' **Husband:** says, 'I can remember that. You want a bowl of ice cream with strawberries.' **Wife:** 'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says. **Husband:** Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' 

-Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

**Wife:** 'Where's my toast?'
Funny Videos: Animals

Here is a youtube link to America's Funniest Videos of animals:

https://www.youtube.com/watch?v=7md_D1tgGJQ
Funny Videos: Kids

Below is a video of kids and babies doing funny stuff from America Funniest Videos:

https://www.youtube.com/watch?v=gEZu4SxO8As
https://www.youtube.com/watch?v=5MeyIgxueTA
Funny Videos: FAILS!!

Here is a link to some funny video fails!

https://www.youtube.com/watch?v=OUZ1lYbvlok
Laughter Yoga “RVA Laugh Club”

RVA Laugh Club is a free social laughter club established in 2018 by Slash Coleman, MAED, Laughter Ambassador and Certified Laughter Yoga Teacher. His goal is to create healthier and happier lives in the Richmond, Virginia community through laughter!

Here is a link to one of Slash Coleman’s videos giving more insight about laughter yoga!

https://www.youtube.com/watch?v=ScxHXvtss8s&list=WL

website: https://laughteryogarichmond.com/about-laughter-clubs
Laughter Yoga Part 1

This is part ONE of Slash Coleman’s Laughter Yoga:

Do what only makes you comfortable  :)

Link:
https://www.youtube.com/watch?v=JTGcGRZtlzw
Laughter Yoga Part 2

Here is part TWO

Do what only makes you comfortable :)

Link:
https://www.youtube.com/watch?v=kl1ilr-42HQ
Laughter Yoga Part 3

Here is part THREE

Do what only makes you feel comfortable :)

Link:
https://www.youtube.com/watch?v=7Gx5w0_u_xY
Laughter Yoga Part 4

Here is part FOUR

Do what only makes you comfortable :)

Link:
https://www.youtube.com/watch?v=GawqKDj1B1E
Laughter Yoga Part 5

Last part of the laughter yoga!

Do what you are only comfortable with :)

Link:
https://www.youtube.com/watch?v=Dj73uD1_4j0
Ending on a funny note

Everyone loves a good dad joke so to finish off this presentation here is one for you!

What do sprinters eat before a race?.....

NOTHING, they fast!!!

https://bestlifeonline.com/dad-jokes-so-bad-theyre-actually-hilarious/