

Beating the Blues with Humor

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Stay Calm and Well

Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Skills Building - Week #4

- Assess your technology use. How is technology helpful and necessary? What can you reduce or eliminate?
- Identify how to unplug and do it regularly!
- Explore screen use guidelines and resources for your family.



When
was the
last time
you
laughed?





**Does anyone
know if we can
take showers yet
or should we just
keep washing
our hands ??**





**You know you're
a bad driver when
Siri says:
"In 400 feet, stop
and let me out."**



**Ate a box of
THIN MINTS,
didn't get
thinner.**

I don't think they work.

facebook.com/DecoratedCookie



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Research on Humor

Norman Cousins (The Man Who Laughed In the Face of Death)



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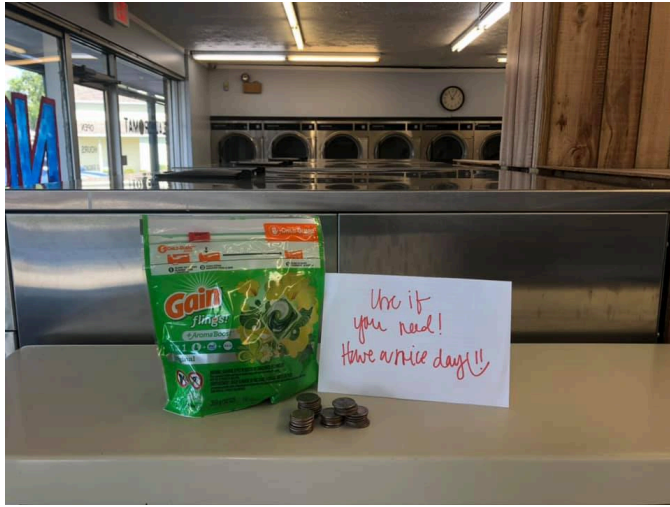
Dr. William F. Fry

Psychiatrist (Stanford)

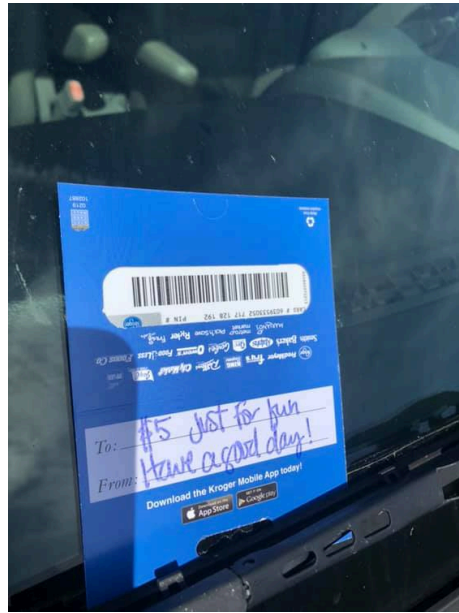


Dr. Hunter (Patch) Adams Immortalized in film by Robin Williams





Dr. Martin Seligman Director of the Penn Positive Psychology Center



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Association for Applied and Therapeutic Humor

- ✓ 39% decrease in stress simply by anticipating humor
- ✓ 2X more productive after taking a humor break
- ✓ 23% increase in memory recall after watching funny video





Photo courtesy of daledamos.blogspot.com



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Short-Term Benefits

- ✓ **Stimulate many organs**
- ✓ **Activate and relieve your stress response**
- ✓ **Soothe tension**



Long-Term Benefits

- ✓ **Improve your immune system**
- ✓ **Relieve pain**
- ✓ **Increase personal satisfaction**
- ✓ **Improve your mood**



Laughter is Contagious

Average adult laughs

15 times a day

Average child laughs

100 times a day



Ways to Add Humor

- ✓ Create a laughter First-Aid box
- ✓ Surround yourself with humor
- ✓ Spend time with the world's leading experts
- ✓ Ask others to share jokes
- ✓ Play with animals
- ✓ Spend time with family and friends who make you laugh
- ✓ Learn to laugh at yourself
- ✓ Keep a notebook and jot down the funny things you hear or see daily
- ✓ Laughter Yoga



Resources



LIVE SMART OHIO

OHIO STATE UNIVERSITY EXTENSION



The Science of Well-Being

Yale University



LIVE HEALTHY LIVE WELL
Ohio State University Extension, Family and
Consumer Sciences

Better Than Happy Podcast



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Why Laugh?

A day without laughter is a day wasted.

~Charlie Chaplin

Humor is just another defense against the universe. ~Mel Brooks

Whether planned or not, humor takes our mind off our troubles. ~Allen Klein

Laugh and the world laughs with you...~Ella Wheeler Wilcox

Always laugh when you can, it is cheap medicine. ~Lord Byron



Final Thoughts

- ✓ When you laugh you purge your stress.
- ✓ A cheerful heart does good like medicine, but a broken spirit makes one sick. Proverbs 17:22 (TLB)
- ✓ If you eat an entire cake without cutting it you technically only had one piece.



Skills Building - Week #5

- ✓ The #1 predictor of good physical health is good mental health
- ✓ People are 2x's more productive after taking a humor break
- ✓ Laughter is contagious
- ✓ Laughter relieves stress and tension
- ✓ Laughter improves immune system and relieves pain



References:

Florida, University Of West. "Counseling & Psychological Services." *How Can You Reduce Stress?* | *University of West Florida*. N.p., n.d. Web. 22 May 2017.

"Workplace Stress." *The American Institute of Stress*. N.p., 14 Mar. 2017. Web. 10 May 2017.

Fackelmann, Kathleen. "Stress Can Ravage the Body, Unless the Mind Says No A Positive Outlook Can Reduce Impact of Stress on Health." *USA Today*. Gannett Satellite Information Network, n.d. Web. 24 May 2017.

<https://www.uofmhealth.org/health-library/abl0315>

<https://www.aath.org/research-publications>

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Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

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This and all future series recordings can be found at:**
<https://u.osu.edu/keepcalmccovid193/recorded-webinars/>



Next Week

January 27, 2021 12:30 - 1:00 pm EDT

Beating the Blues through Connection

Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN

Vice President for Health Promotion, University Chief Wellness Officer

Dean and Professor, College of Nursing

Executive Director, the Helene Fuld Health Trust National Institute for Evidence-based Practice

Professor of Pediatrics and Psychiatry, College of Medicine

The Ohio State University

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