

What is your L. Q.? (Laughter Quotient)

The following quiz provides you with an opportunity to test your ability to laugh at life.

Please circle the number which is most true for you:

	almost never	seldom	some times	often	always
1. I hear myself laughing out loud.	1	2	3	4	5
2. I am a fun person to be with.	1	2	3	4	5
3. My sense of humor helps me get along with others.	1	2	3	4	5
4. I play spontaneously.	1	2	3	4	5
5. I feel okay about acting silly in inappropriate situations.	1	2	3	4	5
6. I regularly plan times for playing and laughing.	1	2	3	4	5
7. I can laugh at my own mistakes.	1	2	3	4	5
8. I make the best of bad situations.	1	2	3	4	5
9. I use humor to help others feel better.	1	2	3	4	5
10. I avoid using humor that makes others feel uncomfortable.	1	2	3	4	5
11. I have way sarcastic and negative humor.	1	2	3	4	5
12. I can see something positive in most situations.	1	2	3	4	5
13. I take time out for holidays and vacations.	1	2	3	4	5
14. My family and friends support my need for fun.	1	2	3	4	5
15. When stressed, my sense of humor keeps things in perspective.	1	2	3	4	5
16. I feel comfortable laughing at work.	1	2	3	4	5
17. I allow myself to play first and work later.	1	2	3	4	5
18. My sense of humor is one of my best qualities.	1	2	3	4	5
19. I believe laughing contributes to my sense of well-being.	1	2	3	4	5
20. The more I laugh, the better I feel.	1	2	3	4	5

- Add your total score: _____

75 – 100 = **High L.Q.** *You are doing just fine. You will totally enjoy this webinar.*

50 – 74 = **Average L.Q.** *Pretty good, could be better. You will enjoy this webinar.*

25 – 49 = **Low L.Q.** *Really could be better. You will enjoy parts of this webinar.*

20 or less = **No L.Q.** *Seriously? You would not even sign up for this webinar.*

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Notes:

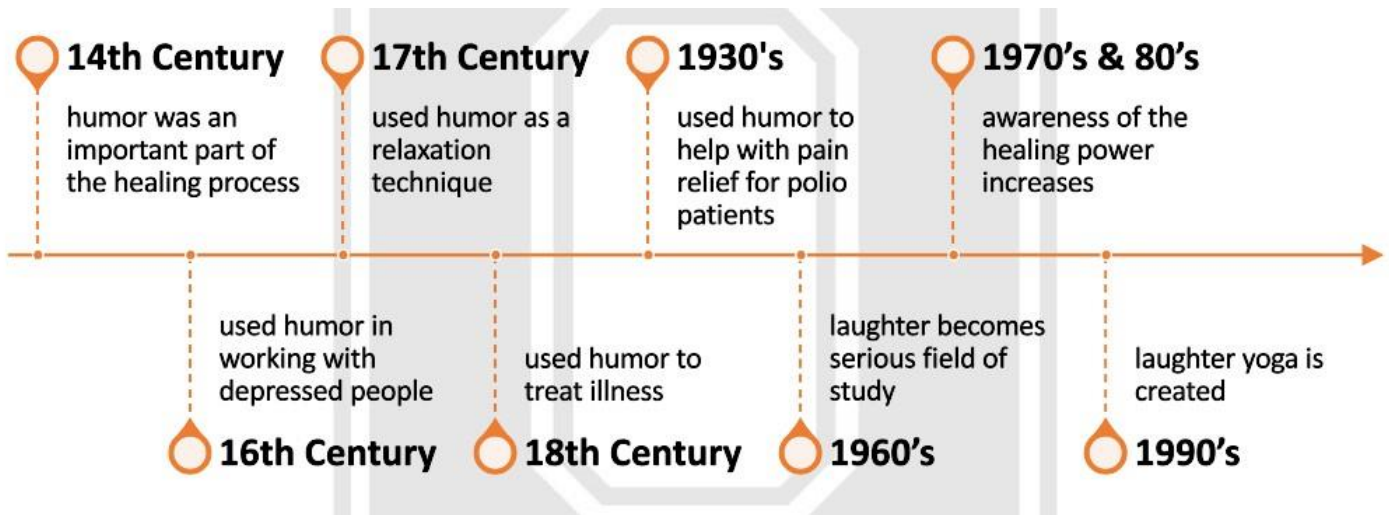
The Benefits of Laughter

Participants Handbook

What is laughter therapy?

A type of therapy that uses _____ to help relieve pain and stress and improve a person’s sense of well-being. (United States National Cancer Institute)

History



Key People:

- Dr. William Fry
- Norman Cousins
- Dr. Annette Goodheart
- Mari Cruz Garia
- Dr. Madan Kataria
- Mary Payne Bennett

Physical Benefits:

Mental Health Benefits:

Laughter and Trauma

Enhancing your life

Laughter Prescription

Efficacious laughter "prescriptions" could be added to your holistic wellness plan using the FITT method. Much like pharmacological prescriptions and exercise prescriptions The FITT prescription contains detailed information as to the frequency, intensity, time, and type of laughter.

The FITT method

- **(F) Frequency:** once a week
- **(I) Intensity:** belly laughing
- **(T) Time:** 30 minutes
- **(T) Type:** your favorite sit-com



My FITT Prescription

Frequency: _____

Intensity: _____

Time: _____

Type: _____



Notes:

23 suggestions from Annette Goodheart to help yourself laugh

Here are 23 suggestions from **Annette Goodheart** to help yourself laugh, from her most excellent book [*Laughter Therapy: How to Laugh About Everything in Your Life That Isn't Really Funny*](#).

Dr Annette Goodheart, PhD (1935-2011), was a psychologist from Santa Barbara, California, who specialized in laughter therapy starting in the late 1960s. She was the first to create a theoretical framework for the use of voluntary simulated laughter and how to relearn to laugh without ridicule in order to maximize healing and connection with ourselves, each other and the universe. She created a whole set of techniques on how to use laughter to release (and thereby provide relief from) strong or repressed emotions.

1. Fake it until you make it. Faking it is the most obvious way to start laughing when nothing is funny-and yet for some people it's the hardest. No one wants to be accused of a phony laugh. So, at first you'll feel self-conscious, forcing it. Once you get some convulsions going in your diaphragm, your body will take over. You'll be doing it naturally, and maybe remembering things that are laughable. Or sit down with a friend and fake it together, thereby doubling your chances of success.

2. Smile more. If you find it difficult to laugh, then you might want to consider smiling more. If your face is in an "up" position, there is less gravity to fight, and laughter will come more easily. In this case, function follows form.

3. Share your embarrassing moments. Sharing our embarrassing moments allows us to experience connection. By retelling these embarrassing incidents, we get back in touch with the pain of the embarrassment that has more often than not gone unreleased. In addition, the listener can also remember unreleased embarrassment and share in the laughter release. This creates a closeness that allows us to see one another as we really are-imperfect, stumbling, bumbling mistake-making human beings.

4. Laugh along with strangers. It's safer, and therefore easier, to laugh with somebody else who's already laughing. Take every opportunity to laugh.

5. Collect toys. Children don't need toys. They can be content for hours playing with a cardboard box. Adults need toys. Go to the toy store and buy yourself some real toys. Real toys have no meaning and no redeeming social value. They are purposeless in that they have no other reason for existing except to provide enjoyment.

6. Play with small animals (and large ones if you're brave.) Puppies and kittens will help you laugh without effort. Have you ever stretched out on the floor and let a litter of month-old puppies walk all over you, or chew at your fingers? Puppies attack with love, and laughter is inevitable. Studies have shown that animals have a noticeable impact on people's moods and physical states. Pets have been introduced into retirement and convalescent homes with marked improvement in the residents' blood pressure. Playing with small animals is a loving and entertaining way to bring more laughter into our lives. Playing with large animals is certainly a bigger risk than playing with small animals, but it can result in bigger laughs.



7. Make a “serious” list and be very serious about it. Making a “serious” list has two benefits. First, if you do it conscientiously, you’ll see how much of your daily life consists of stressful pursuits. Second, once you look at this very serious list, you’re bound to achieve the perspective that allows you to laugh. After you make your list, read it to yourself or in front of a mirror, very seriously. Frown and say to yourself, “My job is very serious business. My finances are very serious. My family is very very serious...” Seriousness, which passes for concern, importance, and responsibility, is the way we control our emotions. We clamp our faces into a serious expression, our voices into a serious monotone, and our bodies into a rigid posture in order to not express or reveal our fear, anger, or grief.

8. Laugh with a baby. It’s difficult to maintain seriousness around babies. We tolerate making faces and silly noises if they are directed at a baby. You can make yourself laugh by attempting to entertain or catch a baby’s attention.

9. Do something out of character. When we do something out of character, it often results in laughter. This gives everyone present an opportunity to laugh and join in the fun of the incongruity.

10. Tell someone what you laughed about. There are specific guidelines about this exercise: the stories have to be from your personal experience, not from T.V., a joke, or a movie; and the stories cannot contain ridicule or teasing. As you tell your stories several delightful things will occur. First, you will learn to speak to others about personal subjects, and to laugh again in the retelling. Second, the listener will also laugh, sharing in the process. Third, he or she will be reminded not only of similar laughable events in their own life, but also how many laughable events do exist!

11. Help somebody else laugh. You probably remember what causes your spouse, your children, and your best friends to laugh. When we help people laugh, we have already observed what they can laugh about and consider laughable. By having them repeat it, they will laugh again. By helping people laugh instead of making them laugh, we assure we don’t tread on any toes, hurt any feelings, or act insensitive to their needs.

12. Have a family reunion with or without your family. Getting together with members of our family is a wonderful opportunity to retell the stories that always bring laughter

13. Imagine John Hancock. The act of putting pen to paper is often performed solemnly. This is an area that could stand some laughter. Fortunately, there are suitable ball-point pens available. They are shaped like fruits, vegetables, fish, ice cream canes, and toothpaste tubes. Imagine John Hancock signing the Declaration of Independence with an asparagus pen!

14. Do a winking meditation. Do this with a like-minded friend: Sit on the floor in your meditation posture and look deeply into one another’s eyes. Let your highest thoughts, your most cherished mantras come into your mind. Sit there, looking into each other’s eyes lovingly and meaningfully. Then close one eye. And open it again. Close it... and open it, picking up speed, until the other person catches on. Winking at one another nearly always produces laughter and has become a lost art in need of revival. Add winking to your daily practices and you’ll be giving your spirit the breath of fresh air that it needs.



- 15. Say “Seriously...”** This is the oldest trick in the book for comedians. It always means the opposite. We are so conditioned to hearing the word “seriously” used in this way that it automatically triggers a smile. Try it.
- 16. Throw a unique party.** If you’re serious about wanting to laugh, organize a slumber party for a few of your friends. Slumber parties are a wonderful tribal ritual-and there’s no reason to restrict them to girls or the young. We can all afford to step out of our adult clothes and into our jammies for one evening and revert to a less serious age. We need to lighten up, tell secrets, and giggle, and giggling is what slumber parties are all about. (If you are a male, slumber parties might not be a part of your heritage. Instead, you and your boyhood buddies probably had farting contests.)
- 17. Seek out people who laugh.** You might be surprised to discover that the people you spend the most time with are those with whom you laugh the least. If you feel you need to have more laughter in your life, then you may have to venture beyond your family and work and seek out friends who laugh. Think about the changes you’d make if you oriented your life toward people who laugh.
- 18. Consider a teddy bear.** If you’re going to walk around with a stuffed bear in your arms, you’re going to raise some eyebrows. If you want, you can tell people that it’s for your niece or nephew and let them off the hook. Most won’t care who or what it’s for if they get to hug it and laugh with you.
- 19. Risk looking foolish.** If you make a mistake, play with it. Turn it into an opportunity to laugh with yourself and invite others to laugh along with you.
- 20. Have a pillow fight.** Pillow fights are a good way to initiate laughter, especially with children.
- 21. Play gigglebelly.** This game goes by many names, and you might remember playing it when you were younger. At a gathering of family or friends, have everyone lie on the floor, on his or her back, with each person’s head resting upon another person’s stomach. It makes for a cozy configuration, although some people might feel uncomfortable with such close contact. But the discomfort is usually temporary, because as soon as one person begins laughing, all of the stomachs and heads in the group start bouncing up and down. To start, the first person says “Ha,” the next one “Ha Ha,” the third “Ha Ha Ha,” and by then the laughter will be rolling. Since the laughter connection is physical as well as emotional, this is a sure-fire method. Typically, the only people who are unable to laugh during gigglebelly are those people who have chosen not to play.
- 22. Appreciate someone.** For whatever reason, our culture is a critical one. We are not accustomed to receiving appreciation, much less giving it. There are many ways to resist a compliment, but if it gets through, laughter may well ensue.
- 23. Add the words “tee-hee”.** Add a simple “tee-hee” to whatever you take most seriously. Tell your husband: “I have an important board meeting this morning ... tee-hee.” Confess to a friend: “My kids are driving me crazy ... tee-hee.” Say “Life is terminal ... tee-hee.” Or “The Pentagon’s budget ... tee-hee.” The “tee-hee” connects the playful aspects of your brain with the intellectual. It allows you to laugh, and then you can see the bigger picture.



Goodheart, A., (2006). [*Laughter Therapy: How to Laugh About Everything in Your Life That Isn't Really Funny*](#). Less Stress Press. ISBN 0-936941-05-7

Laughter Online University, (n.d.). *23 suggestions from Annette Goodheart to help yourself laugh*. Retrieved April 30, 2021, from <https://www.laughteronlineuniversity.com/annette-goodheart-23-suggestions-to-laugh/>

Additional Resources:

Dr. Madan Kataria - (Video) Complete laughter yoga session includes laughter exercises, laughter meditation and relaxation. <https://youtu.be/HJILWHNbSus>

Dr. Madan Kataria - Laughter Yoga University. <https://laughteryoga.org/>

TEDx Ohio State University – (Video) Ohio State alumna Ida Abdalkhani and certified laughter yoga instructor. <https://youtu.be/-HJG63EXCmw>

Ohio State University Extension – Live Healthy Live Well. <https://livehealthyosu.com/>

Ohio State University Extension – Live Smart Ohio. <https://livesmartohio.osu.edu/>

Reader's Digest 37 Funniest Books of All Time: <https://www.rd.com/list/funniest-books-of-all-time/>

Please reach out with any future questions:

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Post- survey: The Health Benefits of Laughter

Date: April 20, 2023

Location: The Emporium

Please share your thoughts on today’s workshop.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I have a better understanding of the history of Laughter Therapy					
I have a better understanding of the biological reaction of laughter					
I have a better understanding of the physical health benefits of laughter					
I have a better understanding of the mental health benefits of laughter					
How likely are you too...	Very Likely	Likely	Unlikely	Very Unlikely	NA
...be more mindful of how often I laugh each day					
... seek opportunities to add more laughter to my life					
...share this information with friends/family					

Additional Comments: