Beating the Blues with Humor

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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?
SMILES ARE CONTAGIOUS!

DON'T WORRY, I'M VACCINATED
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
Research on Humor

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

- The Five Minute Journal App
- headspace
- LIVE SMART OHIO
  OHIO STATE UNIVERSITY EXTENSION
- The Science of Well-Being
  Yale University
- Calm
- livehappy

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Ohio State University Extension, Family and Consumer Sciences

**Better Than Happy Podcast**
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:


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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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

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.
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