

"Laughing: Just For The Health Of It"



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ATTITUDE

The longer I live, the more I realize the importance of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how to react to it. And so it is with you ... we are in charge of our

ATTITUDES!!

THE MORE OFTEN
I HAVE A GOOD ATTITUDE

THE MORE OFTEN
I HAVE A GOOD DAY!

Benefits of Humor/Laughter

Laughter cements friendships.

Laughter is a key ingredient of stress management.

Laughter is the music of the soul.

Humor is the hole that lets the sawdust out of a stuffed shirt.

Humor is emotional chaos remembered in tranquility.

The strength of our recovery is in direct proportion to our ability to laugh at ourselves.

We have to like ourselves to be able to laugh at ourselves.

Laughter

Exercises cardiovascular muscles.

Reduces stress.

Eases pain.

Is a total body experience.

After laughter, blood pressure drops, breathing slows, muscular tension subsides: relaxed feeling -- afterglow

Laughter + Optimism = Happier AND Healthier

***Those who bring sunshine into the lives of others –CANNOT
KEEP IT FROM THEMSELVES!***

LOOK FOR HUMOR

MAKE A HUMOR FIRST-AID KIT

BRIGHTEN UP YOUR SURROUNDINGS

MAKE TIME FOR FUN

BE PLAYFUL

LAUGH WHEN YOU'RE DOWN

ENCOURAGE LAUGHTER IN OTHERS

AVOID PUT-DOWN HUMOR

Don't Wait Until You're Entirely Happy to

LAUGH!

Sense of Humor Survey

- ☺ When was the last time you laughed heartily?
- ☺ What made you laugh?
- ☺ How often do you laugh?
- ☺ Who provokes your laughter?
- ☺ Are you considered funny, humorous? By others? By yourself?
- ☺ Were you ever the class clown?
- ☺ Can you find humor in most situations?
- ☺ Do you have a humorous perspective on life?
- ☺ Do you think laughing is only for children?
- ☺ Do you think if you're laughing then you're not learning and not being responsible?
- ☺ Are you too serious too often?
- ☺ Describe your most embarrassing moment that you can now reflect on and laugh.
- ☺ Describe your favorite funny people to be around (how do they make you laugh?)
- ☺ Who are your favorite comics?
- ☺ What are your favorite sources of humor (TV, books, radio, people, animals, etc.)
- ☺ What was the last experience you had which provoked you to laugh at yourself?
- ☺ How can you add more humor to your life?