Benefits of Humor and Laughter

What do we KNOW about the benefits of humor and laughter?

• Laughing with others helps people feel safe and connected
• Our sense of humor allows us to perceive the absurdity of the moment
• Seeing the humorous aspects of a situation gives us an internal/perceptual control when we have no external/actual control over a situation.
• What is “laughable” is influenced by culture, gender, age and status.
• Feelings of joy and delight that come with laughter create changes to our neurochemistry and may help neutralize the effects of toxic emotions.
• Laughter increases the energy/activity of the cardiac and respiratory systems moving more blood and oxygen throughout the body.
• Creativity and problem solving increases due to right side brain stimulation
• Alertness and attention increase due to release of epinephrine
• Physical and emotional tension decrease with laughter
• Laughter may increase our pain tolerance
• Laughter may help us cope better with cancer and other illnesses

What can I DO to bring opportunities for laughter into my life?

• Adopt a playful attitude and expect to find humor and laughter
• Know who makes YOU laugh - favorite comedian, cartoonist, writer, actor
• Spend more time with people you can easily laugh with
• Use funny props, toys, costume items when feeling stressed
• Post cartoons, funny photos, signs and bumper stickers @ home and work
• Sign up for humor and joke services on the internet
• Use humorous Post-it notes on business materials or personal letters
• Add a humorous item to the meeting agenda: “Discuss pierced ears for monkeys”
• Wear amusing sox, hats, jewelry, buttons, earrings, T-shirts
• Look for the humorous side of life and you will find plenty to laugh about
Use of Humor in the Educational Setting

Types of Humor that require a personal delivery

- Opening Jokes
- Anecdotes Quotations and Questions
- Multiple-Choice
- Jokes
- Top 10 Lists
- Cartoons - single and multi-panel
- Skits/Live Dramatizations
- Spontaneous Humor
- Humorous Questions
- Humorous Examples
- Humorous problems or Exercises
- Jeopardy
- Reviews

Humor can be inserted into materials

- Syllabus
- Handouts
- Examples
- Assignments
Humor for Website Course

- Course disclaimers
- Announcements
- Warnings or cautions Lists
- Word derivations
- Acronyms
- Serious vs Humorous contrast table
- Pictures
- Graphics
- Animation
- Icons
- Music
- Sounds/ Voices

Inappropriate Humor for the Classroom

- Putdowns
- Sarcasm
- Ridicule
- Sexual content/innuendo
- Profanity
- Vulgarity
Humor and Education – Reading List

Online publication date: 10 December 2010    Downloaded 5/2015


Cartoon sources


Daryl Cagle’s Cartoons: http://www.cagle.com

Copyright Considerations:

10 Copyright Myths Explained: http://www.templetons.com/brad/copymyths.html

Music

Laryngospasms: http://www.laryngospasms.com

Too Live Nurse: http://www.toolivenurse.com