THE HEALING ASPECTS OF LAUGHTER: AVERTING CARETAKER STRESS AND BURNOUT

Presented by Laura Hayden-Frantz
Why am I here?

My story
(the brief version)
Burnout is a complex syndrome. Involving both emotional exhaustion.

- It can manifest in many ways.
  - Poor self concept
  - Variety of adverse health problems
  - Negative attitude especially towards employment.
**BACKGROUND:**

- Burnout starts in graduate school
- Effects >50% of novice practitioners
- Schools provide little training
- Laughter is a stress reliever
BACK TO BURNOUT

- Recognition
- Prevention
- Resolution
More Burnout

- Jobs that require close personal contact with clients/patients have a greater propensity for Burnout.

- Individuals with caring and/or over achieving personality traits are at great risk for Burnout.

- Sadly, this will be many of you.
Even More Burnout

- Workplace Challenges
  - Over worked/ under staffed
  - Time management
  - Insurance issues (for which there are many)
    - Less treatments
    - Shorter sessions
    - Coverage
Preventing Burnout

- Provide training in medical schools!
  - Problem solving skills for challenging patients
  - Life / work balance
  - Detached caring* (I coined this phase)
  - Time management training
  - More training in interpersonal skills
  - Support systems
  - Laugh a lot more!
Do No Harm…

Should apply to the caretaker as well as the patient.
The art of medicine consists of amusing the patient while nature cures the disease.

Voltaire, French philosopher
Life does not cease to be funny when people die anymore than it ceases to be serious when people laugh.

George Bernard Shaw
Let's talk about Laughter

Why Laugh?

Laughter is well documented as a:
- stress reliever
- an anti depressant
- an analgesic
- aerobic exercise for your heart
- a vasodilator (just like Viagra, funny story there)
- it lowers blood pressure and anxiety
- and it's fun
LAUGHTER 101

- The power of laughter.

- Strategies to engage in more laughter.
  - Frown/ smile exercise
  - Fun training
MORE LAUGHTER 101

- Thoughts, Questions, Input?

- Role playing fun.
The trouble with having a good idea, thinks Ted, is that right away you're expected to have some more.
REFERENCES


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REFERENCES


- Sweet M. Being a caring doctor may be bad for you. *BMJ.* 2003;326:355.

Thank you

Please...
find joy
be happy
laugh... a lot!
It helps!