Introduction

- State your name
- Tell them where you work
- Tell them how long you’ve suffered
- Tell why you believe in humor

Section 1

How do we react to stressors?
It's not stress that kills us, it's our reaction to it.

Hans Selye
Laughter Therapy

WHAT  Learning to maintain a positive outlook

HOW  By using Laughter, Breathing, and Childlike Playfulness

WHY  In order to think clearly in times of distress

Section 2

What is Laughter Therapy?
If Laughter can’t
Solve your problems,
it will Dissolve them
by changing your
Body Chemistry and Mindset
so you can Face them
in a Better way.

Dr. Madan Kataria

Section 3

How does the prison program work?

“Skill-Building Techniques for Stress Reduction”

- Created for adult male prisoners at Massachusetts Correctional Institution, Norfolk
- Library Services & Technology Act grant (MA Board of Library Commissioners)
- Course = Eight (8) two-hour sessions
MCI-Norfolk Course Content

- Sense of Humor/Stress Assessments
- “What is stress?”
- “What is a sense of humor?”
- Countervailing Humor Types
- Humor in the Correctional Environment
- “Active Viewing”
- The Pain of Destructive Humor
- “What is laughter yoga?”

MCI-Norfolk Content Delivery

- PPT Lectures
- Handouts
- Personal Humor Style Exercises
- Readings
- ‘Educational films for therapeutic purposes’
- Laughter Yoga session (1)

Section 4

Laughter Therapy: Presenting Your Workshop
SESSION ONE = Theory

"What is stress?"
"Good stress / Bad stress"
"Countervailing humor types"
"Benefits of laughter as stress management"

SESSION TWO = Application

How to give a Laughter Yoga session

Session One Overview

- DEFINITION: Laughter Therapy
- DEFINITION: Eustress / Distress
- DEFINITION: Countervailing Humor Types
- EXERCISE: "Recognizing Countervailing Humor Types"
- EXERCISE: "Personal Humor Style" Chart
- HANDOUT: "HT Maintain a Sense of Humor"

Session Two Overview

- ASSESSMENT: Pre-Session
- HANDOUT: "What is Laughter Yoga?"
- VIDEO: Dr. Madan Kataria
- PARTICIPATION: Laughter Yoga!
- ASSESSMENT: Post-Session
Possible target audiences for laughter therapy....
Section 5
Science & Therapeutic Laughter:
What We Know, And What We Don’t Know

2000 Mahony, Diana L. *Is humor the best medicine, or any medicine at all?*
Professor of Psychology, Brigham Young University (Hawaii campus)

“This young field has numerous problems, including:
• The establishment of operational definitions of humor
• The identification of psychological or physiological mechanisms by which health benefits might occur; and
• The separation of the effects of humor and laughter from accompanying effects of distraction, positive affect, and expectation of benefit”

2012 MACREADY “Mirth and Medicine: Hope or Hype?”
Journal of the National Cancer Institute

“What we lack is a large, randomized, clinical trial to show that laughter has a clinically meaningful impact,” said Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland Medical Center in Baltimore. “By and large, [most of these results are taken from] small-scale studies. Some of the data are certainly engaging and support our hypothesis [of a beneficial effect of laughter], but we don’t have any large, outcome-based trials—and that’s what we sorely need.”
<table>
<thead>
<tr>
<th>PHYSICAL BENEFITS</th>
<th>MENTAL BENEFITS</th>
<th>SOCIAL BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improves Cardiovascular Health</td>
<td>Improves Brain Functions</td>
<td>Increases Sense of Well-Being</td>
</tr>
<tr>
<td>Improves Respiration</td>
<td>Improves Disposition</td>
<td>Enhances Empathy</td>
</tr>
<tr>
<td>Lowers Blood Pressure</td>
<td>Releases Pent-up Anger &amp; Frustration</td>
<td>Increases Attractiveness</td>
</tr>
<tr>
<td>Reduces Pain</td>
<td>Reveals Intelligence</td>
<td>Enhances Ability to Affiliate with Others (Alexithymia)</td>
</tr>
<tr>
<td>Enhances Immune Function</td>
<td>Lowers Anxiety</td>
<td>Helps Avoid Loneliness</td>
</tr>
<tr>
<td>Decreases Stress hormones</td>
<td>Increases Energy Level</td>
<td>De-escalates interpersonal conflict</td>
</tr>
<tr>
<td>Relaxes Muscles</td>
<td>Enhances Creativity</td>
<td>Aids In Enduring Boring Talks On How Awesome Laughter Is</td>
</tr>
</tbody>
</table>

Section 6

Section One: Theory

stress
"They're dealing with the stresses of working full-time and going to school."

"I enjoy eustress, while YOU stress."

"He stressed about attending a boring laughter therapy webinar."

---

It's not stress that kills us, it's our reaction to it.

Hans Selye

---

Dr. Hans Selye's

“General Adaptation Syndrome”
To offset the effect of something by countering it with something of equal force.
**EXERCISE!**

“Recognizing Countervailing Humor Types”
WHOAH
so that's coffee

“I give up. What's black and white and red all over?”

Knock Knock.
Who's there?
To.
To Who?
To Whom.
LET'S TAKE A POLL!

From our definitions, try to identify which humor type is illustrated by the following image….

EXERCISE

“Personal Humor Style”
How To Nurture Your Personal Humor Style

- Recognize the humorous & absurd in your daily routine
- Collect Humor (quotations/cartoons/memes/jokes)
- Use humor in email/presentations/conversations/social media
- Tell stories on yourself (don’t be afraid to appear foolish)
- Read funny authors/bloggers
- Create humor (write a limerick/open-mike night/invent a joke/practical jokes)
- Listen/Watch (comedy concerts/internet/The Onion/TV/comedy CDs/vloggers)
- Practice “childlike playfulness”
- Seek the company of positive, funny personalities
- Smile & laugh more (Fake is good)
Laughter Yoga ‘Elevator Speech’

- Created by Dr. Madan Kataria
- In 1995
- Produces laughter without humor or jokes
- Uses eye contact & childlike playfulness
- Laughter, stretching & breathing benefit mind & body
- Over 1,500 LY clubs in 70 countries
- Attendance is free
Laughter Yoga Session

Main Components

- 30-45 minutes max.
- Only the Leader is permitted to speak
- Warm-up breaths
- Laughter exercises (e.g., the cell phone)
- EYE CONTACT
- Relaxing breaths between exercises
- Five-minute cool-down (laughter makes some folks irritable)

Laughter Yoga

Pre-/ Post-Assessment

Laughter Yoga International

“How do you feel?”

Measuring the immediate effects of Laughter Yoga

<table>
<thead>
<tr>
<th>BEFORE</th>
<th>Very Poor</th>
<th>Poor</th>
<th>Average</th>
<th>Good</th>
<th>Very Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Mood</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Options</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
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<tr>
<td>Stress</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Level of happiness</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
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<tr>
<td>Ability to laugh with others</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
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<tr>
<td>Ability to laugh with strangers</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
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<tr>
<td>Ability to laugh with your own thoughts</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own physical sensations</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own emotions</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
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<tr>
<td>Ability to laugh with your own mental state</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own physical state</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own social environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own family environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own friends environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own community environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own world environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>Ability to laugh with your own universe environment</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
</tr>
</tbody>
</table>

General Comments

Name
Caveat

Laughter Yoga sessions can be disruptive . . . .

Become a Certified Laughter Yoga Leader

- Two-day training (16 hrs.)

- CLYL Certificate

- $350

- Find a Certified Laughter Yoga Teacher near you
  https://laughteryoga.org/finder/find-ly-professionals/
The "All-America Laughter UN-Conference" was held at the Pasadena Convention Center June 1-3, 2018.

www.youtube.com/watch?v=0N60nBD_Mc&t=12s

Bibliography

Contact Info

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www.Jailfire.net