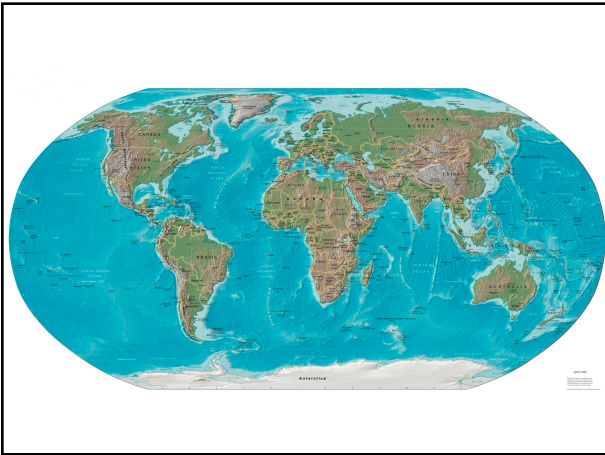


Introduction

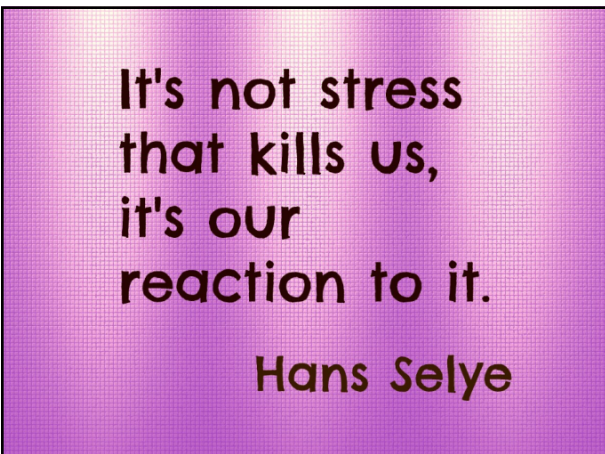
- ❖ State your name
- ❖ Tell them where you work
- ❖ Tell them how long you've suffered
- ❖ Tell why you believe in humor

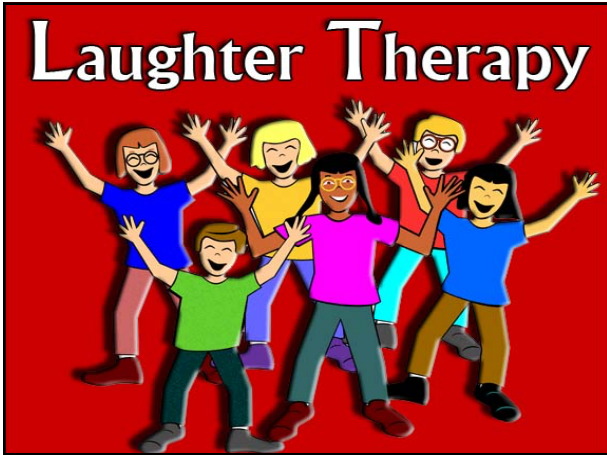
Section I

**How do we
react to
stressors?**







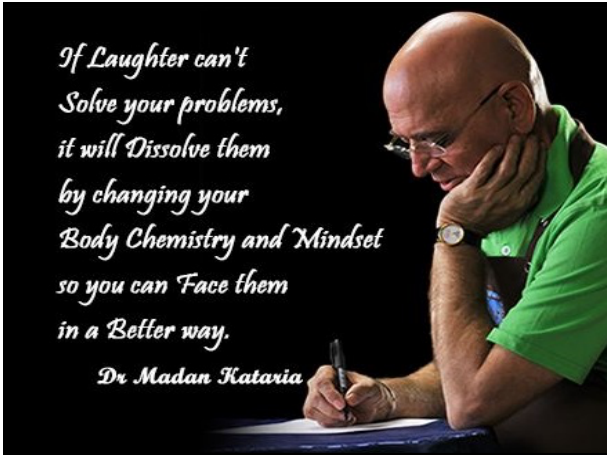


Section 2

What is Laughter Therapy?

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 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

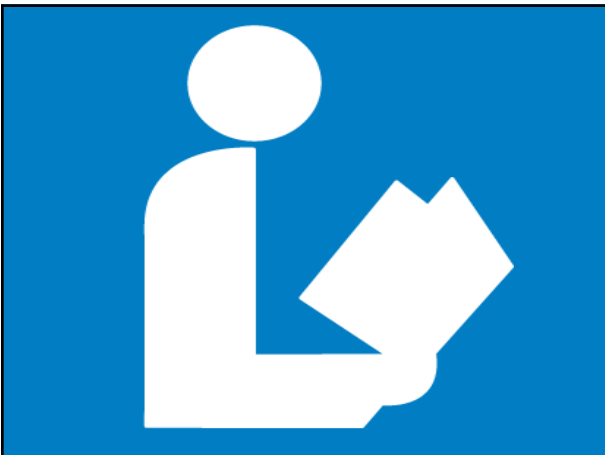
- ❖ DEFINITION: Laughter Therapy
- ❖ DEFINITION : Eustress/ Distress
- ❖ DEFINITION: Countervailing Humor Types
- ❖ EXERCISE: "Recognizing Countervailing Humor Types"
- ❖ EXERCISE: "Personal Humor Style" Chart
- ❖ HANDOUT: "HT Maintain a Sense of Humor"

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....**

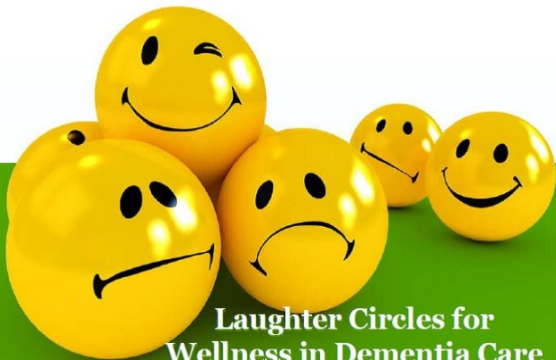






association of california
school administrators

California
Academic
Research
&
Libraries





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)

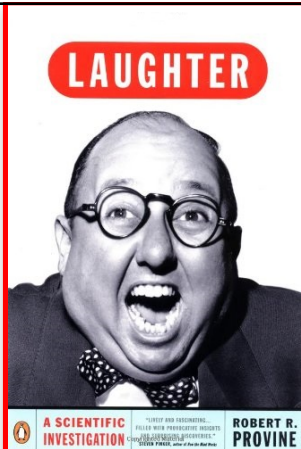
"This young field has numerous problems, including:

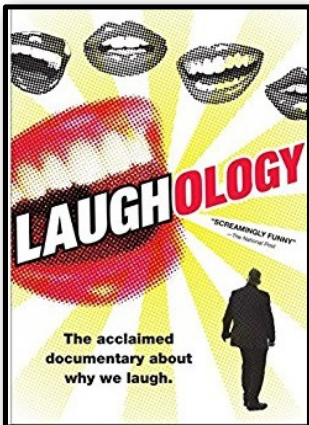
- The establishment of operational definitions of humor
- The identification of psychological or physiological mechanisms by which health benefits might occur; and
- The separation of the effects of humor and laughter from accompanying effects of distraction, positive affect, and expectation of benefit"

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."





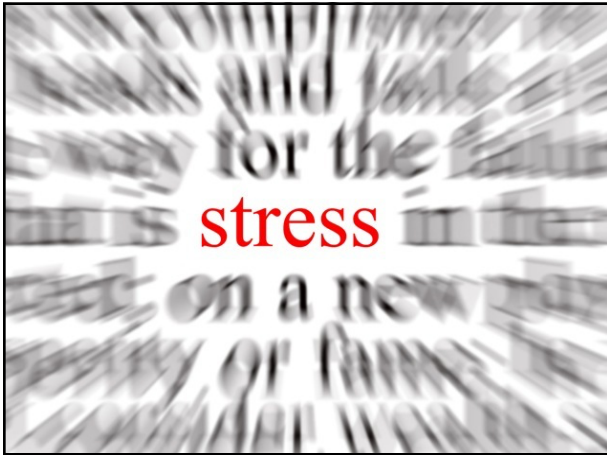


PHYSICAL BENEFITS	MENTAL BENEFITS	SOCIAL BENEFITS
Improves Cardiovascular Health	Improves Brain Functions	Increases Sense of Well-Being
Improves Respiration	Improves Disposition	Enhances Empathy
Lowers Blood Pressure	Releases Pent-up Anger & Frustration	Increases Attractiveness
Reduces Pain	Reveals Intelligence	Enhances Ability to Affiliate with Others (Alexithymia)
Enhances Immune Function	Lowers Anxiety	Helps Avoid Loneliness
Decreases Stress hormones	Increases Energy Level	De-escalates interpersonal conflict
Relaxes Muscles	Enhances Creativity	Aids In Enduring Boring Talks On How Awesome Laughter Is

Section 6

Section One:

Theory



noun. 1d : a state resulting from bodily or mental tension resulting from factors that tend to alter an existent equilibrium

See **PRESSURE: STRAIN: TENSION**

"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"**



Stage 1: Alarm

- A stressor is perceived by the pituitary-adrenal system and the sympathomedullary pathways are activated. Activates fight-or-flight.



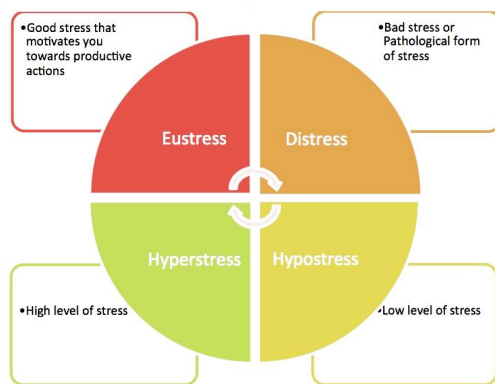
Stage 2: Resistance

- If the stressor persists the body's response systems maintain activation, with levels of stress-related hormones and bodily arousal remaining high.



Stage 3: Exhaustion

- Long periods of stress (chronic stress) eventually exhausts the body's defence systems. This is the stage stress-related illnesses develop.



‘Countervailing’

“To offset the effect of something by countering it with something of equal force”

Constructive

The psychological use of
nonsense jokes and playful laughter
that harms neither giver or receiver

Destructive

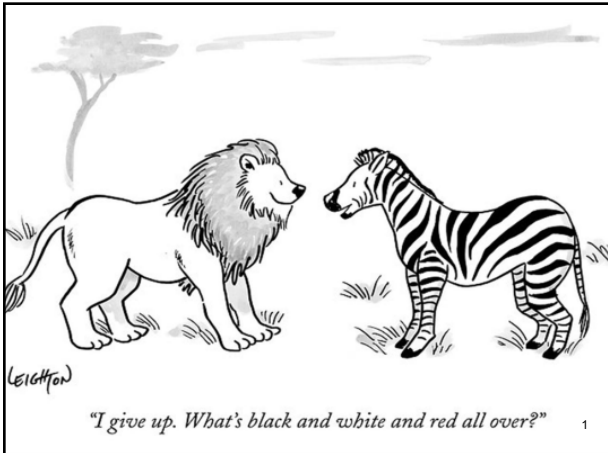
The psychological use of
mean-spirited comments
and derisive laughter
to belittle and control the Other

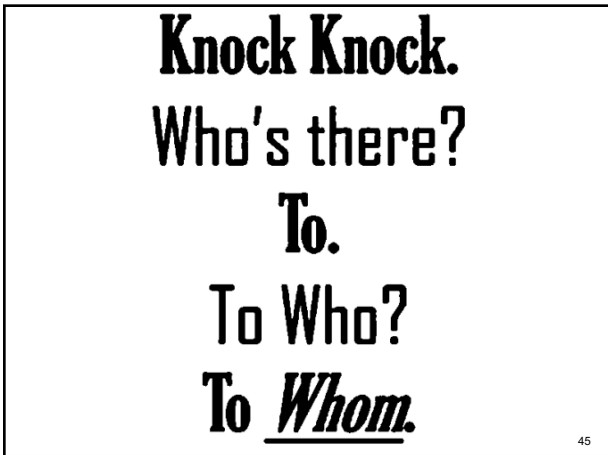
EXERCISE!

“Recognizing Countervailing Humor Types”









LET'S TAKE A POLL!

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

5 p.m. "The Wizard of Oz"

Transported to a surreal landscape, a young girl kills the first person she meets and then teams up with three strangers to kill again.
(1939) Turner Classic Movies.

EXERCISE

"Personal Humor Style"

<p>'Destructive' Mean-spirited thoughts, comments, and derisive laughter aimed toward another.</p> <p>'Constructive' Humor for its own sake, which does no harm to the giver or receiver.</p>		
SOURCE OF HUMOR	DESTRUCTIVE	CONSTRUCTIVE
Auditory		
TV		
Radio		
Friend		
Staff		
Visitor		
Overheard (Yard/ HSU/OPD/Unit, etc.)		
Visual		
Something you read		
TV		
Something you witnessed (Yard/ HSU/OPD/Unit, etc.)		
Behavior		
Something you did (e.g., a practical joke)		
Something you said		
Something you thought		

<p>How To Nurture Your Personal Humor Style</p>	
Recognize the humorous & absurd in your daily routine	Use humor in email/ presentations conversations/ social media
Collect Humor (quotations/ cartoons/ memes/ jokes)	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)

<p><u>Section 7</u></p> <p>Session Two: Application</p>



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

BEFORE	<Worst Best>	AFTER	<Worst Best>
Enthusiasm	1 2 3 4 5 6 7 8 9 10	Enthusiasm	1 2 3 4 5 6 7 8 9 10
Energy Level	1 2 3 4 5 6 7 8 9 10	Energy Level	1 2 3 4 5 6 7 8 9 10
Mood	1 2 3 4 5 6 7 8 9 10	Mood	1 2 3 4 5 6 7 8 9 10
Optimism	1 2 3 4 5 6 7 8 9 10	Optimism	1 2 3 4 5 6 7 8 9 10
Stress Level	1 2 3 4 5 6 7 8 9 10	Stress Level	1 2 3 4 5 6 7 8 9 10
Level of friendship with Group members	1 2 3 4 5 6 7 8 9 10	Level of friendship with Group members	1 2 3 4 5 6 7 8 9 10
● Level of awareness about your breathing	1 2 3 4 5 6 7 8 9 10	● Level of awareness about your breathing	1 2 3 4 5 6 7 8 9 10
Level of muscle relaxation	1 2 3 4 5 6 7 8 9 10	Level of muscle relaxation	1 2 3 4 5 6 7 8 9 10
Level of mental relaxation	1 2 3 4 5 6 7 8 9 10	Level of mental relaxation	1 2 3 4 5 6 7 8 9 10
Ability to laugh without a reason	1 2 3 4 5 6 7 8 9 10	Ability to laugh without a reason	1 2 3 4 5 6 7 8 9 10

General Comments	General Comments
Name	Name

Caveat

**Laughter Yoga sessions
can be disruptive**

Become a Certified Laughter Yoga Leader

❖ Two-day training (16 hrs.)

❖ CLYL Certificate

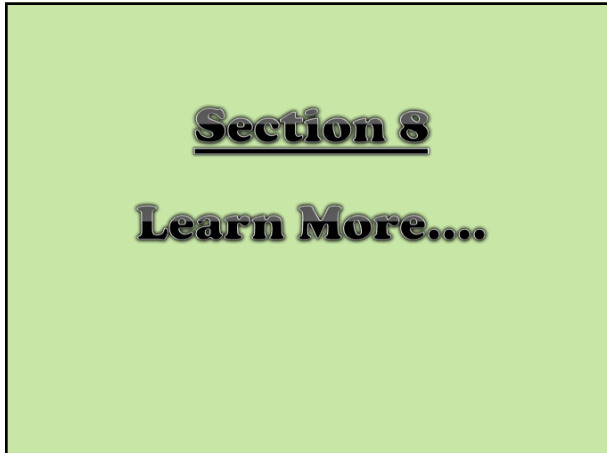
❖ \$350

❖ Find a Certified Laughter Yoga Teacher near you
<https://laughteryoga.org/finder/find-ly-professionals/>

The screenshot shows the 'Find Trainers' page on the Laughter Yoga University website. The page has a navigation bar with links to HOME, LAUGHTER YOGA, TRAININGS, FINDER (active), KNOWLEDGE CENTER, PROZONE, SHOP, and LOGIN. Below the navigation bar, there are filters for 'Certified Laughter Yoga Teacher', 'United States', and 'Pennsylvania', followed by a 'SEARCH' button. A table lists seven trainers with their names, roles, countries, states, and cities.

Sl.	Name	Role	Country	State	City
1	Alexa Drubay	Certified Laughter Yoga Teacher	United States	Pennsylvania	Philadelphia
2	Bill Powell	Certified Laughter Yoga Teacher	United States	Pennsylvania	Philadelphia
3	Eddie Elkan	Certified Laughter Yoga Teacher	United States	Pennsylvania	Bensalem
4	Ernie Oktay	Certified Laughter Yoga Teacher	United States	Pennsylvania	Lansdowne
5	Peggy Tileston	Certified Laughter Yoga Teacher	United States	Pennsylvania	Philadelphia
6	Sue Shotel Simon	Certified Laughter Yoga Teacher	United States	Pennsylvania	Plymouth Meeting
7	Tammy Stainaker	Certified Laughter Yoga Teacher	United States	Pennsylvania	Philadelphia

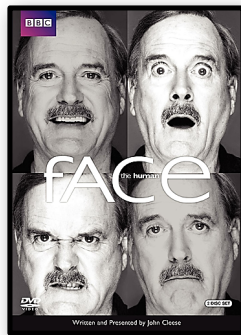




Organizations * Training * Retreats	
Association for Applied & Therapeutic Humor	www.aath.org
International Society for Humor Studies	www.Humorstudies.org
Journal of Nursing Jocularly	http://karynbuxman.com/blog/category/journal-of-nursing-jocularly-2
The Laugh Academy	http://thelaughacademy.com
World Laughter Tour	www.worldlaughter.com
Laughter Online University Training	www.laughteronlineuniversity.com
Laughter Yoga International	http://laughteryoga.org
Laughter Therapy Enterprises	www.laughtertherapy.com
Laughter Heals (Craig Shoemaker)	www.Laughterheals.org

The
"All-America
Laughter
UN-Conference"
was held at the
Pasadena
Convention Center
June 1-3, 2018.





www.youtube.com/watch?v=oN6onBD_Mc&t=12s

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