How To Give a Laughter Therapy Program in Your Library!

An Infopeople Webinar, June 14, 2018

Bill Mongelli, MLS
Massachusetts Correctional Institution, Norfolk
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?
EVERY DAY
It's not stress that kills us, it's our reaction to it.

Hans Selye
Laughter Therapy
Section 2

What is Laughter Therapy?
Laughter Therapy

WHAT  Learning to maintain a positive outlook

HOW  By using Laughter, Breathing, Stretching and Childlike Playfulness

WHY  In order to think clearly in times of distress
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 (2014-2015)

- 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

30-minute 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
- **HANDBOUT**: “What is Laughter Yoga?”
- **VIDEO**: Dr. Madan Kataria
- **PARTICIPATION**: Laughter Yoga!
- **ASSESSMENT**: Post-Session
Possible target audiences for laughter therapy....
California Academic Research & Libraries
Laughter Circles for Wellness in Dementia Care
Public Library Staff Education Program
CALIFORNIA PUBLIC 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.”
Laughing for 15 seconds adds 2 days to your life!
<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>
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<tr>
<td>Enhances Immune Function</td>
<td>Lowers Anxiety</td>
<td>Helps Avoid Loneliness</td>
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<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>

- Relaxes Muscles
- Enhances Creativity
- Enhances Immune Function
- Increases Sense of Well-Being
- Increases Energy Level
- Increases Attractiveness
- Enhances Empathy
- Increases Energy Level
- Increases Sense of Well-Being
- Decreases Stress hormones
- Improves Brain Functions
- Improves Disposition
- Lowers Blood Pressure
- Reveals Intelligence
- Reduces Pain
- Improves Respiration
- Improves Cardiovascular Health
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.
Eustress
- Good stress that motivates you towards productive actions

Distress
- Bad stress or Pathological form of stress

Hyperstess
- High level of stress

Hypostress
- Low level of stress
‘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”
I feel like nobody really likes me...

FRUITCAKE.
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 of Destructive and Constructive humor, 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”
‘Destructive’
Mean-spirited thoughts, comments, and derisive laughter aimed toward another.

‘Constructive’
Humor for its own sake, which does no harm to the giver or receiver.

<table>
<thead>
<tr>
<th>SOURCE OF HUMOR</th>
<th>DESTRUCTIVE</th>
<th>CONSTRUCTIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auditory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visitor</td>
<td></td>
<td></td>
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<tr>
<td>Overheard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Yard/ HSU/OPD/Unit, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Something you read</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Something you witnessed</td>
<td></td>
<td>(Yard/ HSU/OPD/Unit, etc.)</td>
</tr>
<tr>
<td>Behavior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Something you did</td>
<td></td>
<td>(e.g., a practical joke)</td>
</tr>
<tr>
<td>Something you said</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Something you thought</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# How To Nurture Your Personal Humor Style

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


Section 7

Session Two: Application
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>&lt;Worst  Best&gt;</th>
<th>AFTER</th>
<th>&lt;Worst  Best&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enthusiasm</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Enthusiasm</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Energy Level</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Energy Level</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Mood</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Mood</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Optimism</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Optimism</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Stress Level</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Stress Level</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Level of friendship with Group members</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Level of friendship with Group members</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Level of awareness about your breathing</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Level of awareness about your breathing</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Level of muscle relaxation</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Level of muscle relaxation</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Level of mental relaxation</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Level of mental relaxation</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Ability to laugh without a reason</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>Ability to laugh without a reason</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

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/
# Find Trainers

Find Trainers

Certified Laughter Yoga Teacher  
United States  
Pennsylvania  

<table>
<thead>
<tr>
<th>Sl.</th>
<th>Name</th>
<th>Role</th>
<th>Country</th>
<th>State</th>
<th>City</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Alexa Drubay</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Philadelphia</td>
</tr>
<tr>
<td>2</td>
<td>Bill Powell</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Philadelphia</td>
</tr>
<tr>
<td>3</td>
<td>Edie Elkan</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Bensalem</td>
</tr>
<tr>
<td>4</td>
<td>Ernie Oktay</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Lansdowne</td>
</tr>
<tr>
<td>5</td>
<td>Peggy Tileston</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Philadelphia</td>
</tr>
<tr>
<td>6</td>
<td>Sue Shotel Simon</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Plymouth Meeting</td>
</tr>
<tr>
<td>7</td>
<td>Tammy Stalnaker</td>
<td>Certified Laughter Yoga Teacher</td>
<td>United States</td>
<td>Pennsylvania</td>
<td>Philadelphia</td>
</tr>
</tbody>
</table>
Laughter Yoga International University

Certified Laughter Yoga Leader

This is to certify that Morena Sartini has successfully completed the required training under my guidance and has demonstrated competence by understanding the concept, developing skills of unconditional laughter based on Hasga Yoga (Yogic Laughter) and having the knowledge of "Inner Spirit of Laughter" as initiated and taught by Dr. Madan Kataria M.D.

Dr. Madan Kataria
Founder

Date 12/03/2013

Laughter Yoga Teacher
Place Singapore

Dr. Madan Kataria
Laughter Yoga Teacher
Section 8

Learn More....
Organizations * Training * Retreats

Association for Applied & Therapeutic Humor  www.aath.org

International Society for Humor Studies  www.Humorstudies.org


The Laugh Academy  http://thelaughacademy.com

World Laughter Tour  www.worldlaughtertour.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.
Sources

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2012  **Effectiveness of humor on short term memory function in elderly subjects.** Gurinder Singh Bains, et.al. *Journal of the Federation of American Societies for Experimental Biology*. Published Online: 1 Apr 2012

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2017  **Social Laughter Triggers Endogenous Opioid Release in Humans.** Sandra Manninen, et.al., *Journal of Neuroscience* 23 May 2017

Contact Info

Bill Mongelli/ Librarian
Massachusetts Department of Correction, Norfolk

508-660-5900, x390
(12:30pm-8:30pm M-F)

William.Mongelli@state.ma.us

www.Jailfire.net