

**I could
really use
a good
laugh!**



How To Give a Laughter Therapy Program in Your Library!

An *Infopeople*  Webinar, June 14, 2018

**Bill Mongelli, MLS
Massachusetts Correctional Institution, Norfolk**

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?**



April 2001

Source: U.S. National Geographic Society
Topographic data derived from satellite imagery
©1999 National Geographic Society
All rights reserved. No part of this publication may be reproduced without permission in writing from the publisher.
Boundaries represented are not necessarily authoritative.



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**
- ❖ **HANDOUT: “What is Laughter Yoga?”**
- ❖ **VIDEO: Dr. Madan Kataria**
- ❖ **PARTICIPATION: Laughter Yoga!**
- ❖ **ASSESSMENT : Post-Session**

**Possible target audiences
for
laughter therapy....**



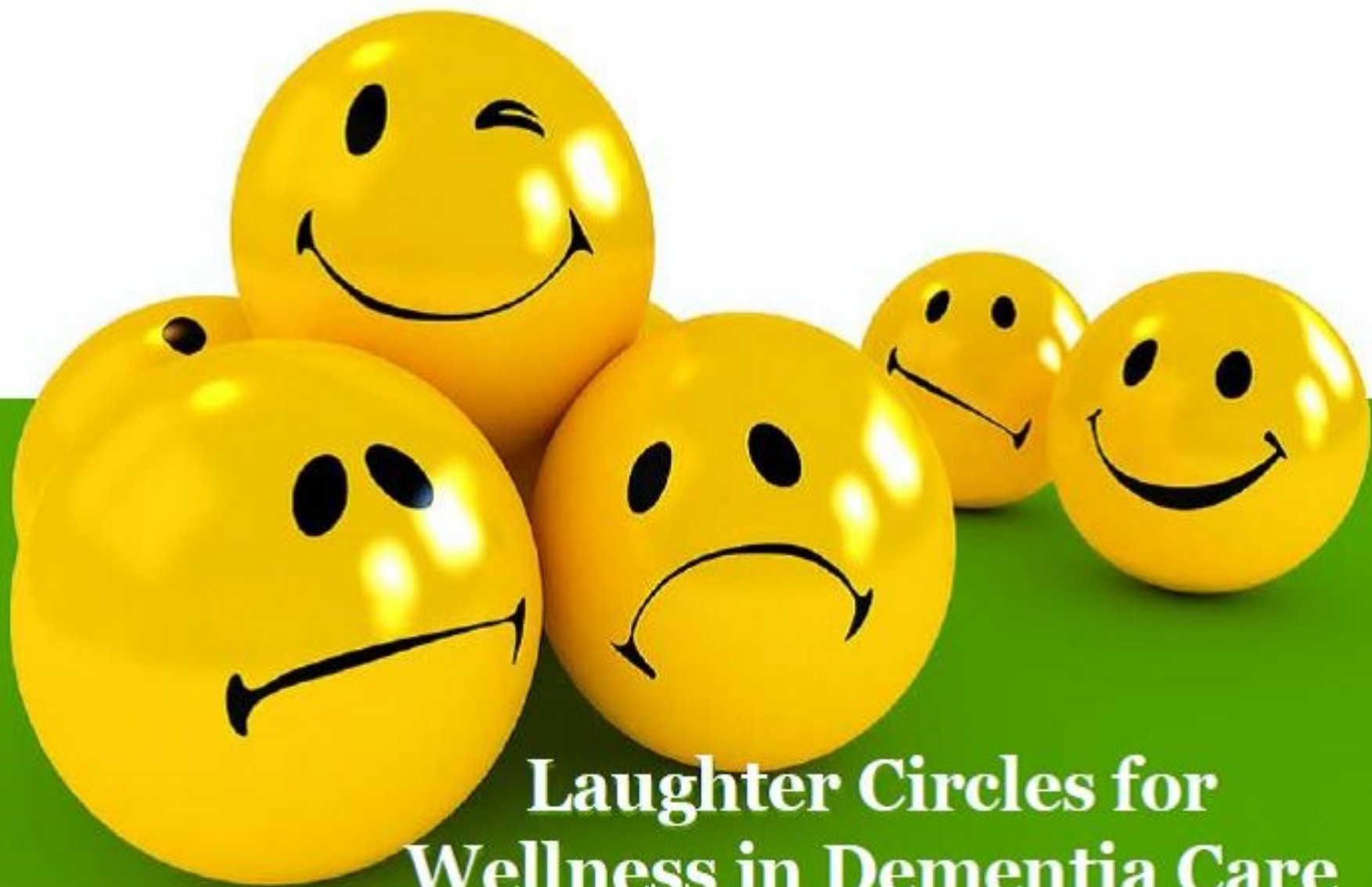




association of california
school administrators

California
Academic
Research
Libraries





**Laughter Circles for
Wellness in Dementia Care**



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.”

A woman with long, wavy brown hair is laughing heartily, her head tilted back and eyes closed. She is wearing a light blue button-down shirt. She is surrounded by tall, vibrant green grass. The background is a soft-focus green field.

**Laughing
for 15 seconds
adds 2 days
to your life!**



LAUGHTER



**A SCIENTIFIC
INVESTIGATION**

"LIVELY AND FASCINATING...
FILLED WITH PROVOCATIVE INSIGHTS
AND TERRIFIC DISCOVERIES."
STEVEN PINKER, author of *How the Mind Works*

**ROBERT R.
PROVINE**



LAUGH^{OL}OGY

"SCREAMINGLY FUNNY"
— *The National Post*

The acclaimed
documentary about
why we laugh.

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

stress

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.

- Good stress that motivates you towards productive actions

Eustress

- Bad stress or Pathological form of stress

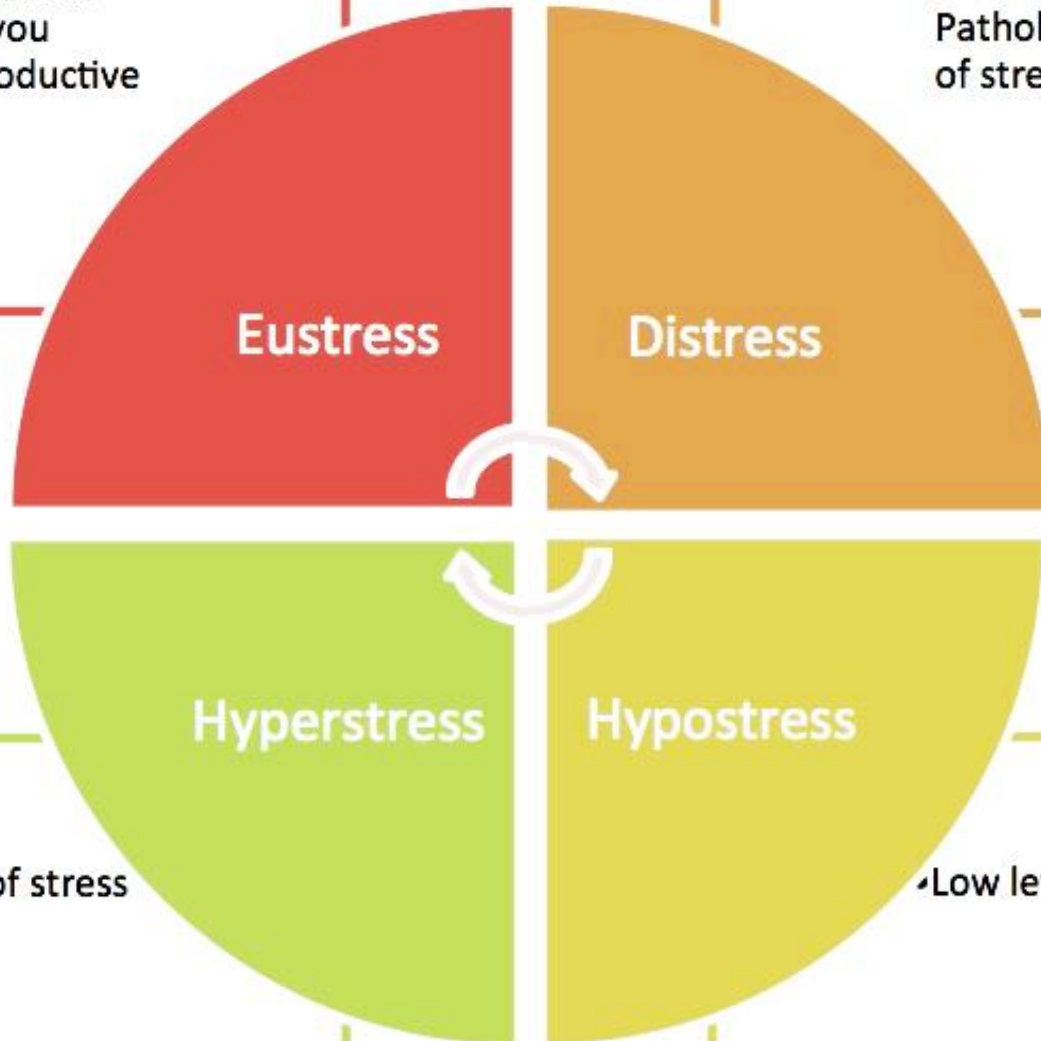
Distress

Hyperstress

- 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**



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

EXERCISE!

**“Recognizing
Countervailing
Humor Types”**



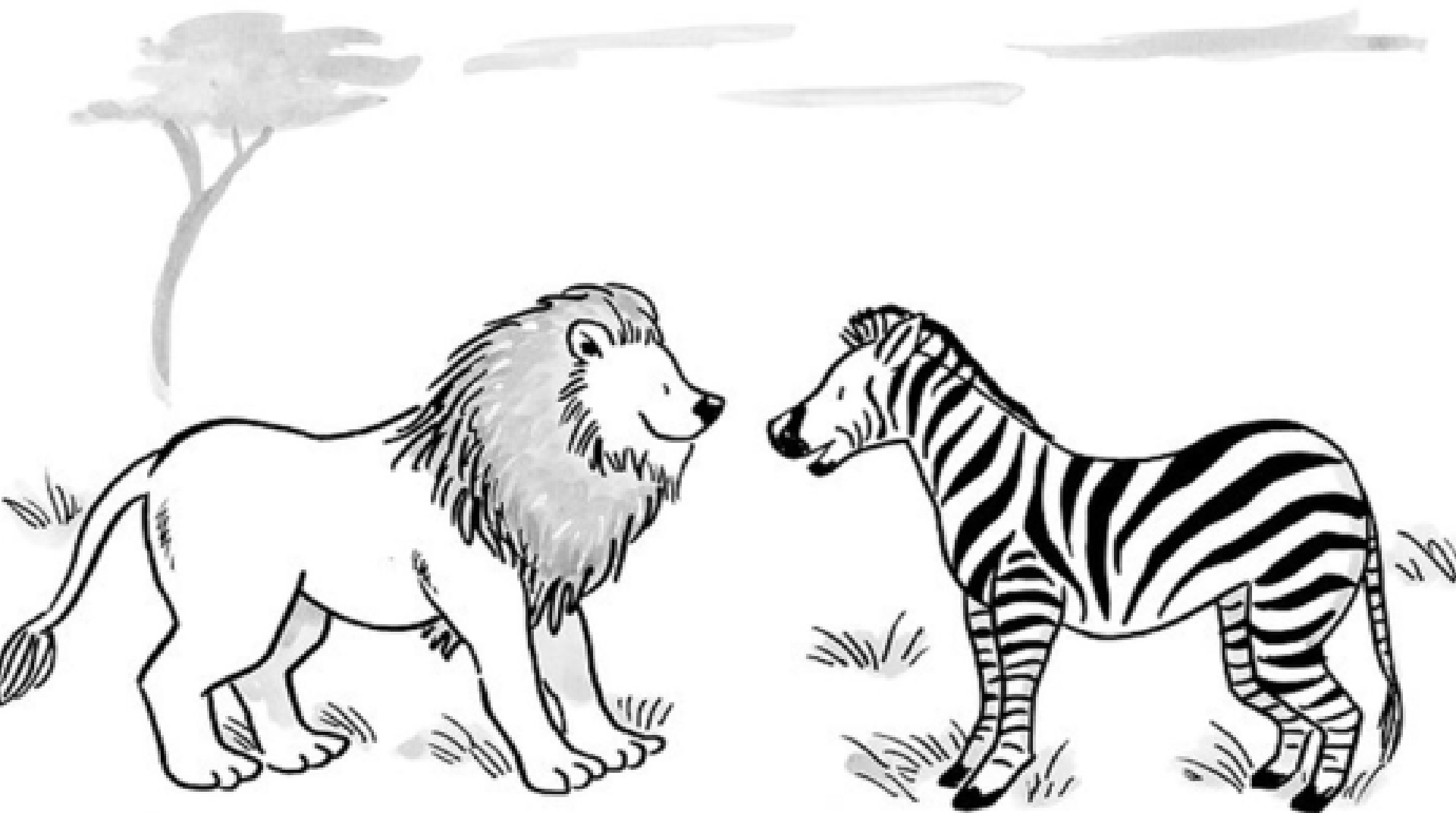
I FEEL LIKE
NOBODY REALLY
LIKES ME...

FRUITCAKE.

WHOA



so that's coffee



LEIGHTON

"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.

	DESTRUCTIVE	CONSTRUCTIVE
SOURCE OF HUMOR		
<i>Auditory</i>		
TV		
Radio		
Friend		
Staff		
Visitor		
Overheard (Yard/ HSU/OPD/Unit, etc.)		
<i>Visual</i>		
Something you read		
TV		
Something you witnessed (Yard/ HSU/OPD/Unit, etc.)		
<i>Behavior</i>		
Something you did (e.g., a practical joke)		
Something you said		
Something you thought		

How To Nurture Your Personal Humor Style

**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)**

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

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/>

Find Trainers

Certified Laughter Yoga Tea ▾

United States ▾

Pennsylvania ▾

SEARCH

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	Edie 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 Stalnaker	Certified Laughter Yoga Teacher	United States	Pennsylvania	Philadelphia

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 Hasya 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 12/02/2022



Laughter Yoga Teacher

Place Sanjivani Rd, Tumkur
PUNE 401

Section 8

Learn More...

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.worldlaughtertour.com

Laughter Online University Training

www.laughteronlineuniversity.com

Laughter Yoga International

<http://laughteryoga.org>

Laughter Therapy Enterprises

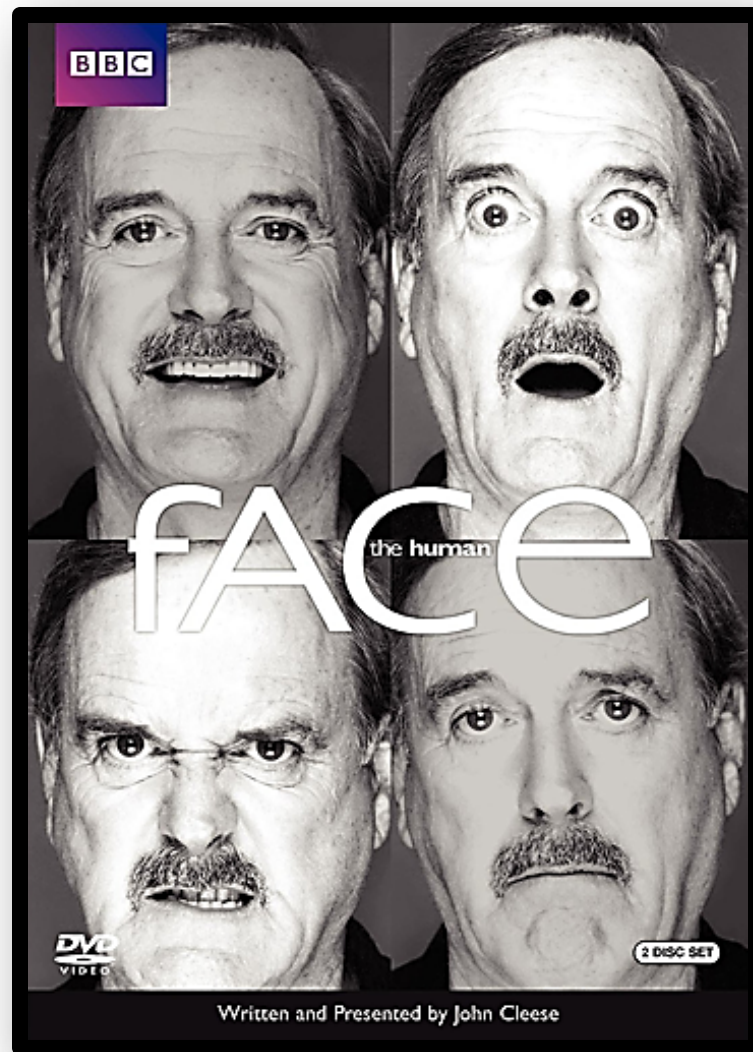
www.laughtertherapy.com

Laughter Heals (Craig Shoemaker)

www.Laughterheals.org

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





www.youtube.com/watch?v=0N60nBD-_Mc&t=12s

Sources

- 2010 **Workplace humor and organizational creativity.** Josephine Chinying Lang & Chay Hoon Lee/ *The International Journal of Human Resource Management*, Vol. 21,# 1, 46-60 | Published online: 25 Jan 2010
- 2010 **Laughter and the laws of attraction: investigating laughter and attraction during initial interaction.** Marino, Bianca Freitas. Dissertation, San Diego State University, School of Communication, Department of Psychology.
- 2011 **Humor ability reveals intelligence, predicts mating success, and is higher in males.** Greengross, G. & Miller, G. *Intelligence*, vol. 39, 188-192
- 2011 **Promoting emotional well-being through the use of humor.** Crawford, S.A. & Caltabiano, N.J. *The Journal of Positive Psychology*, 6(3), 237-252
- 2012 **No Laughing Matter: Intranasal Oxytocin Administration Changes Functional Brain Connectivity during Exposure to Infant Laughter.** Madelon M. E. Riem, et. Al. *Neuropsychopharmacology* vol. 37, 1257–1266
- 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
- 2014 **'As above, so below:' Examining the interplay between emotion and the immune system** Samuel Brod, et. al. *Immunology* June 18, 2014.
- 2014 **The effect of Laughter Yoga on general health among nursing students.** *Iran J Nurs Midwifery Res.* 2014 Jan-Feb; 19(1): 36–40.
- 2017 **Social Laughter Triggers Endogenous Opioid Release in Humans.** Sandra Manninen, et.al., *Journal of Neuroscience* 23 May 2017
- 2017 **Laughter as a Neurochemical Mechanism Aimed at Reinforcing Social Bonds: Integrating Evidence from Opioidergic Activity and Brain Stimulation.** Fausto, Caruana. *Journal of Neuroscience* 6 September 2017, 37 (36) 8581-8582



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