

ACTIVITY 5

Humor is the Best Medicine

Read steps 1-3 before beginning.

Instructions:

1. Blood Pressure and write result on your Participant Results Form.
2. Read each of the following comics.
3. Take blood pressure again and write results on your Participant Results Form.

WHY THIS WORKS...

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

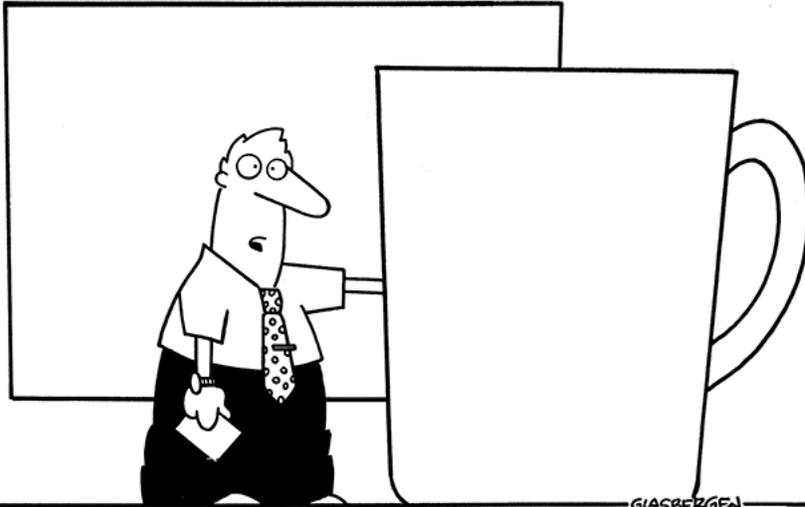
Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier

Source: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

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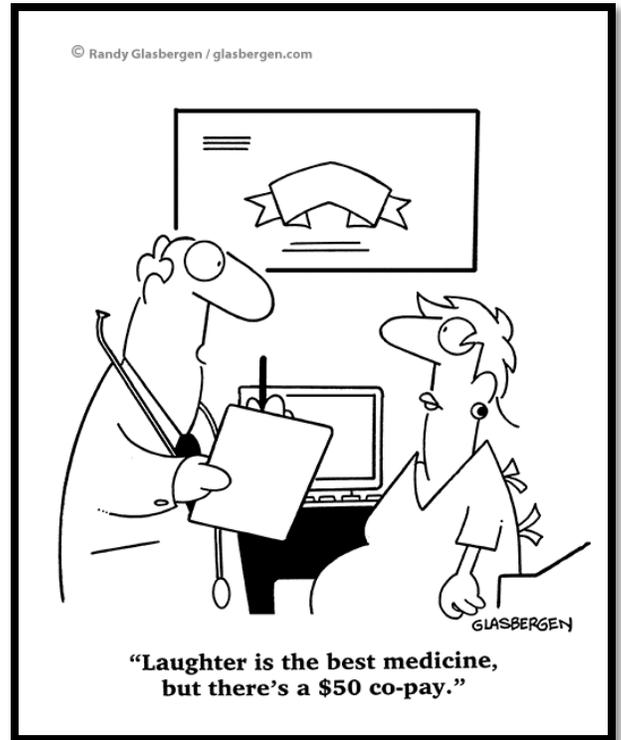
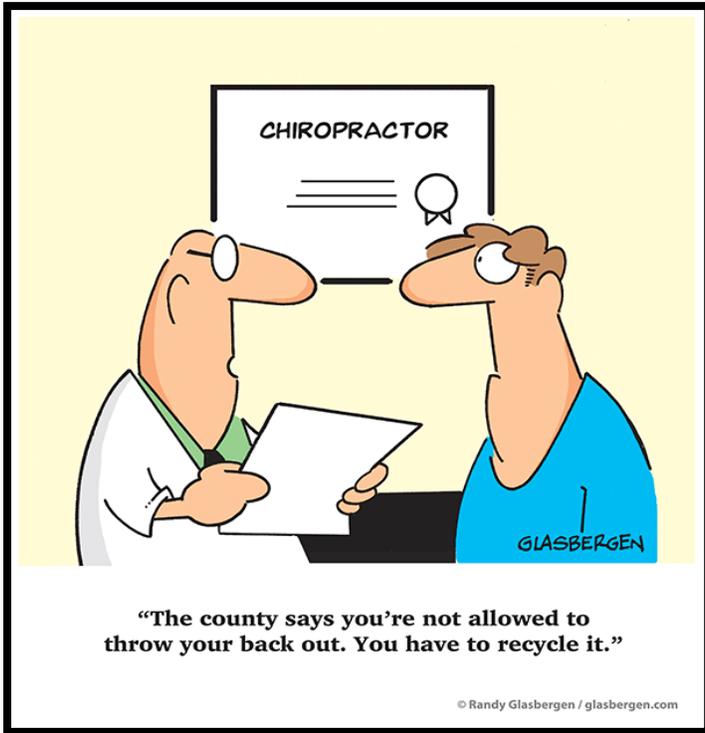


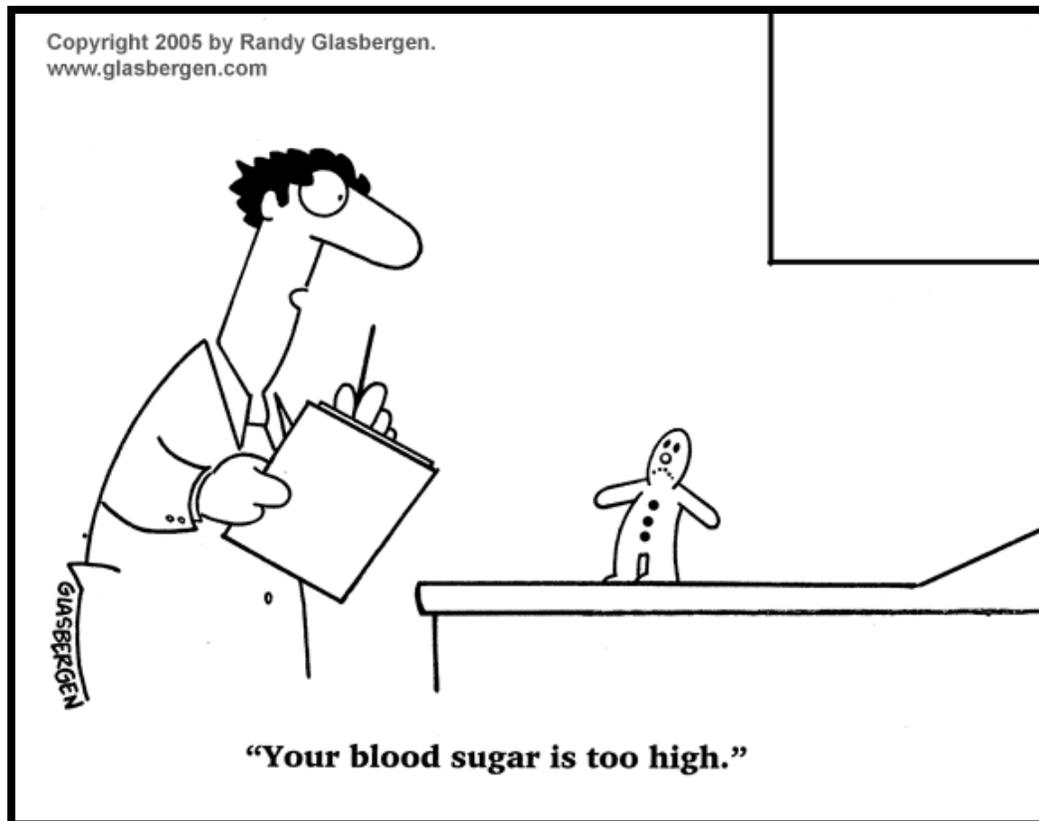
**“Before we begin our Productivity Seminar,
did everyone receive a free coffee mug?”**

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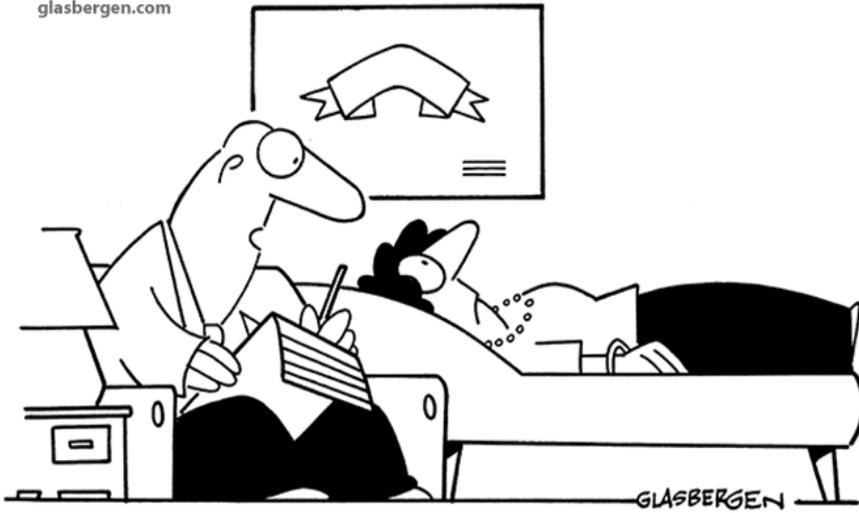


**“My smartphone helps me be a lot more
productive. Especially when I turn it off.”**



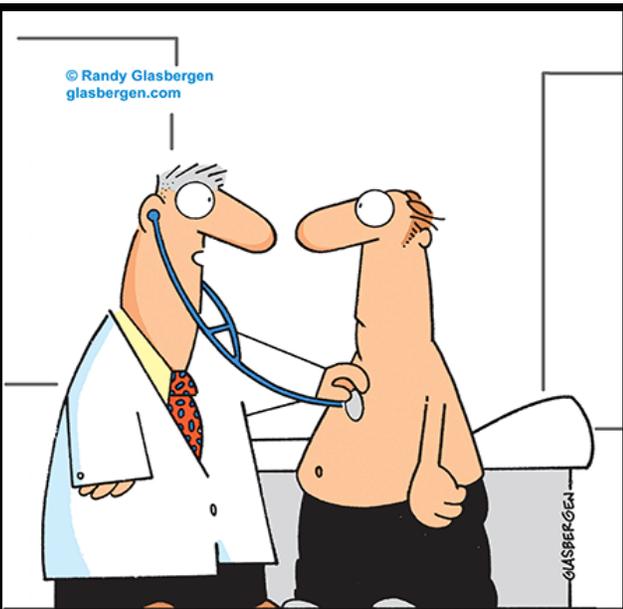


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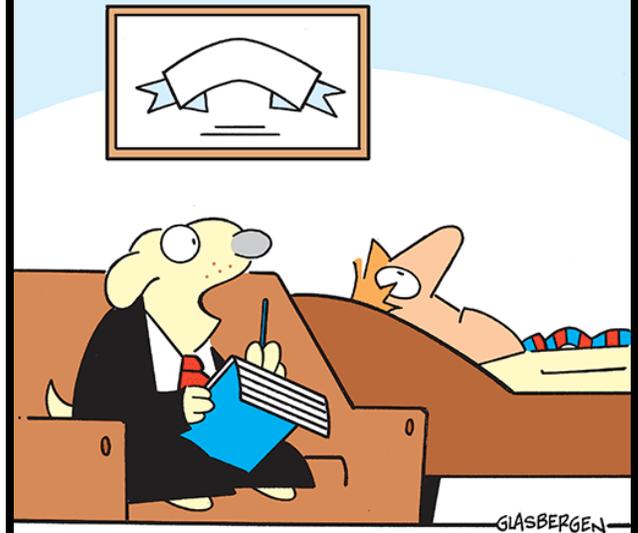
“Put a smile on your face and the rest of your body will follow. It’s not a scientifically proven theory, but it got 1,297 ‘likes’ on Facebook!”

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“It’s easy to tell the difference between good cholesterol and bad cholesterol. Bad cholesterol has an evil laugh.”

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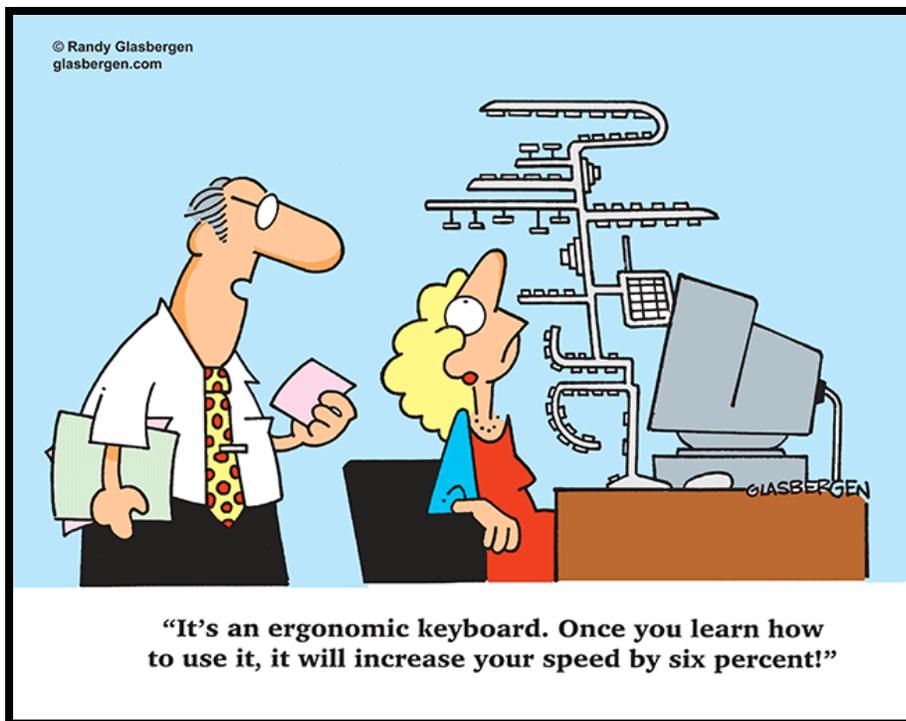
“Run around the house with a sock in your mouth for five minutes a day. Trust me, it will put you in a better mood.”



“On Mondays, I get ready to plan my week. On Tuesdays, I plan my week. On Wednesdays, I revise my plan for the week. On Thursdays, I put my plan for the week into my computer. On Fridays, I think about starting my plan for next week.”



“I started working out and lost 6 inches from my waist, 4 inches from my hips and added 3 inches to my smile!”



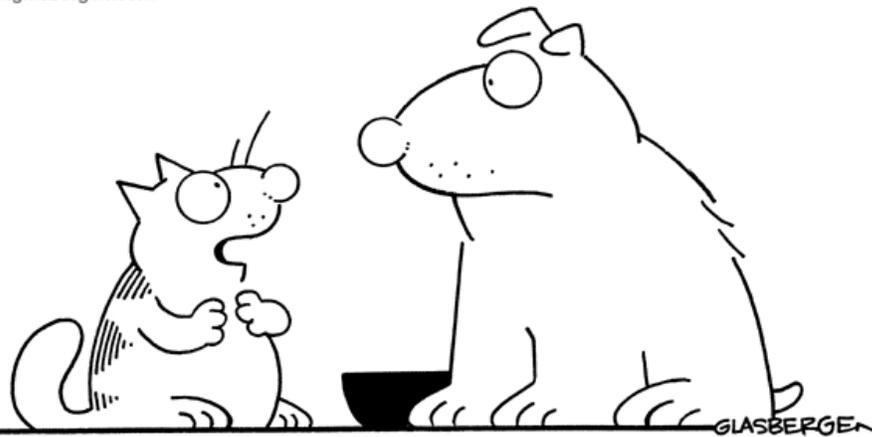
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**"I'm trying to squeeze 30 minutes
of exercise into my daily schedule.
Today I took 120 fifteen-second walks."**

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"I LICK MY PAWS BECAUSE THEY'RE FAT-FREE, SUGAR-FREE AND CALORIE-FREE!"



"All day long, I have to be polite to my boss, coworkers and customers. If you really love me, you'll let me be rude to you!"

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"To achieve acknowledgement by another entity, one must not authorize validity to the prospect of inherent discourse which has the potential to assume its own essential missive within the very milieu of the intrinsic delivery of the intended exchange. *That is the key to clear and effective communications!*"