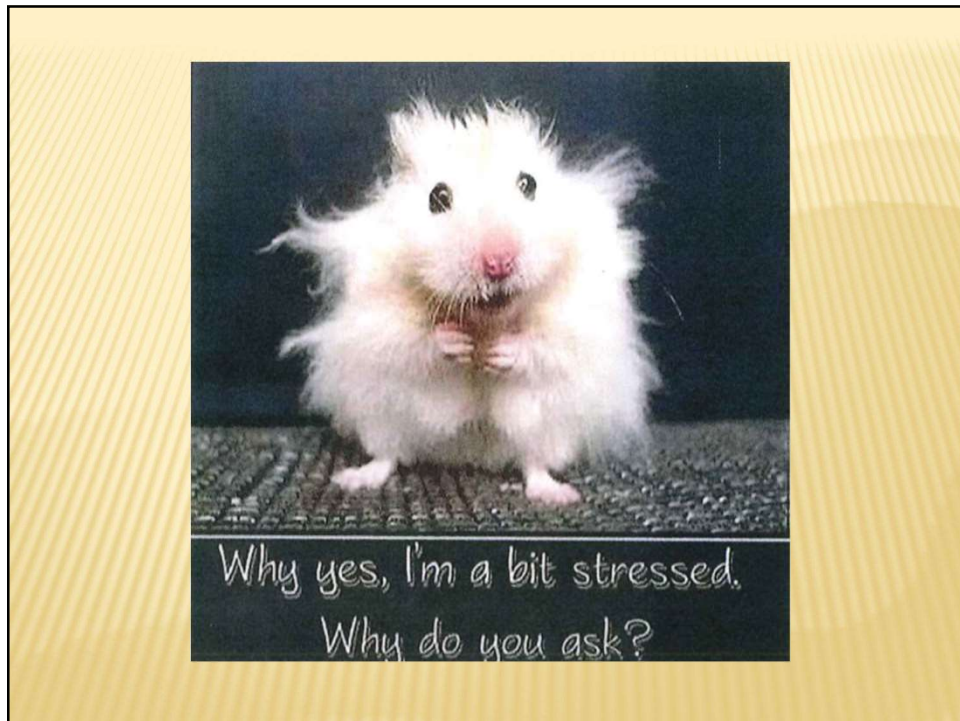
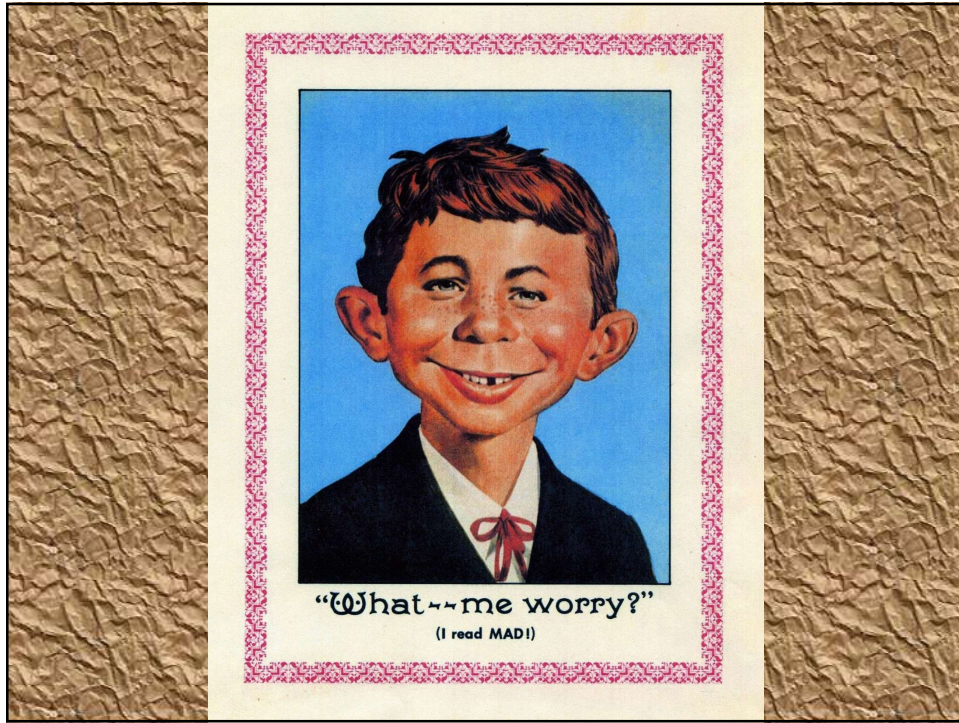


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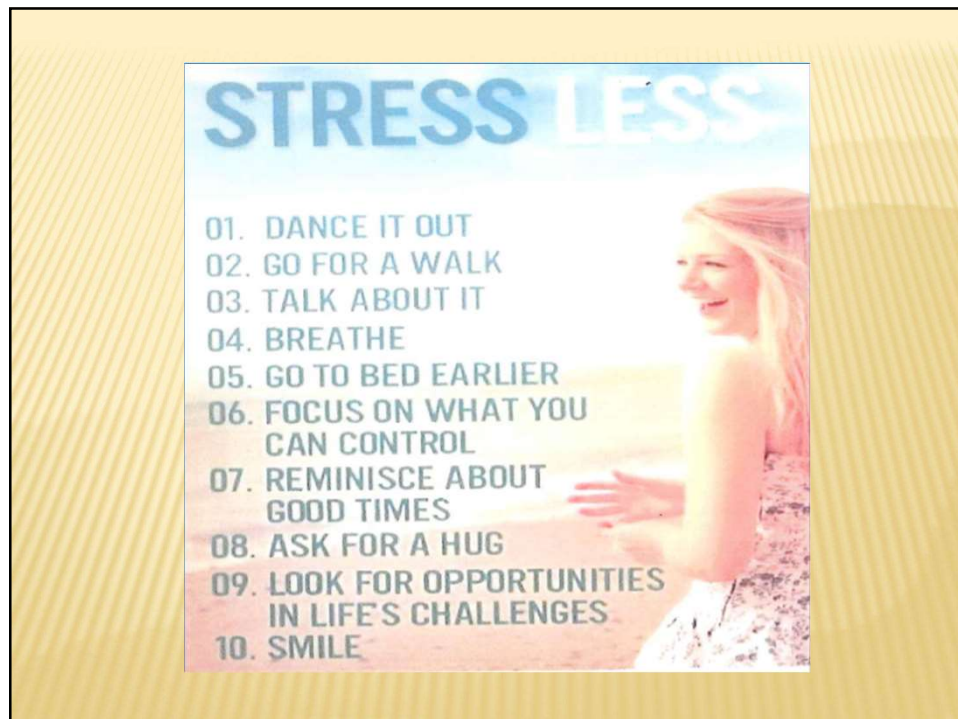
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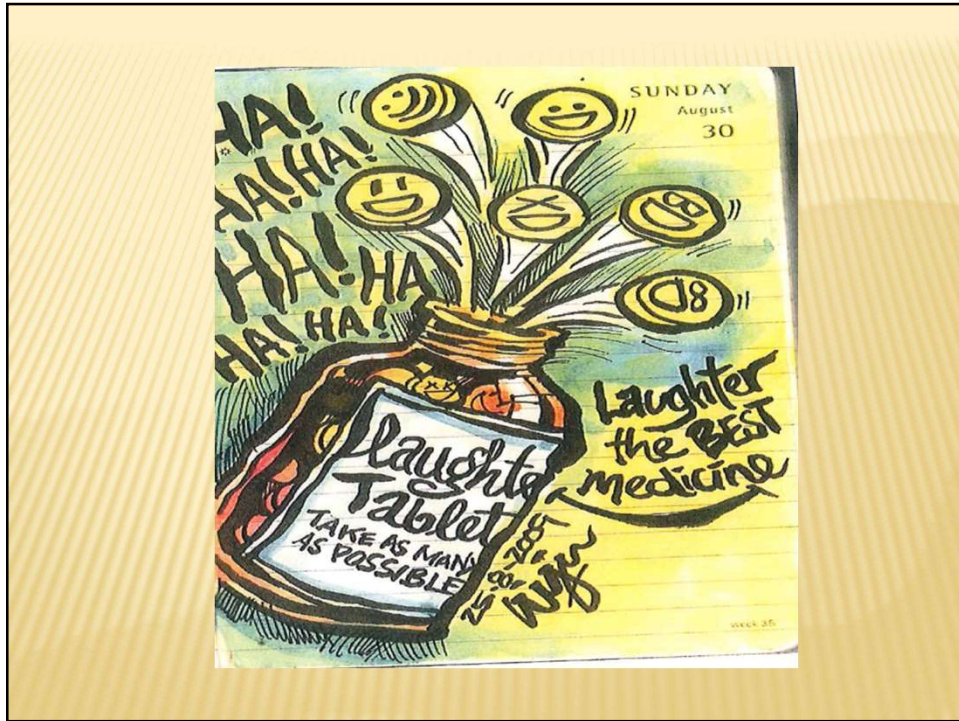
**Stress is when  
your brain says no,  
but your mouth  
says "I'll be glad  
to do that"**

5

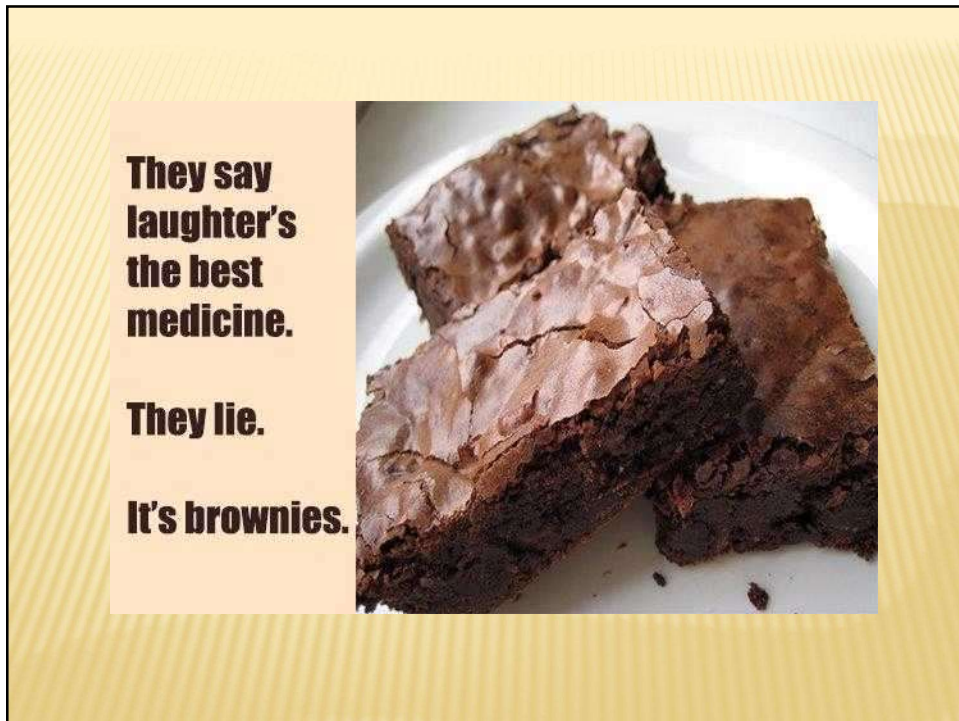


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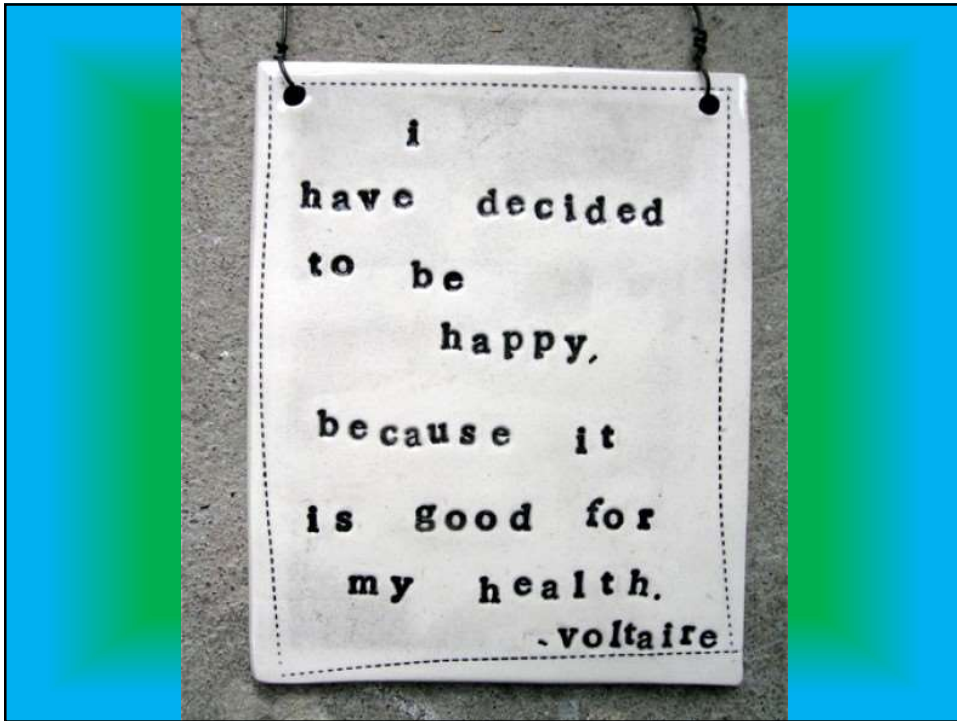
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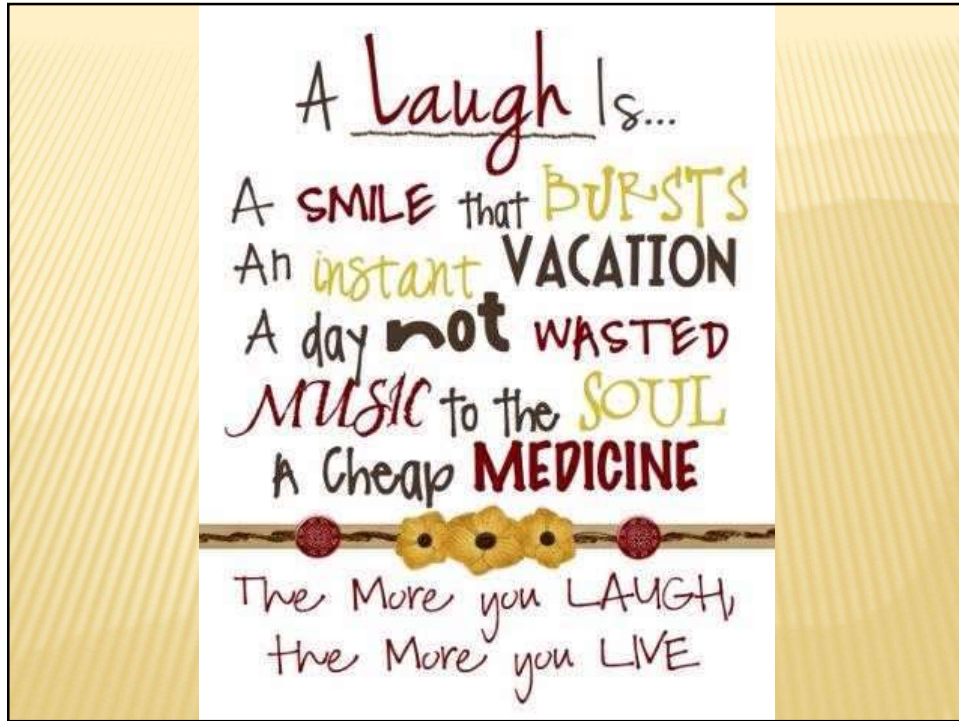


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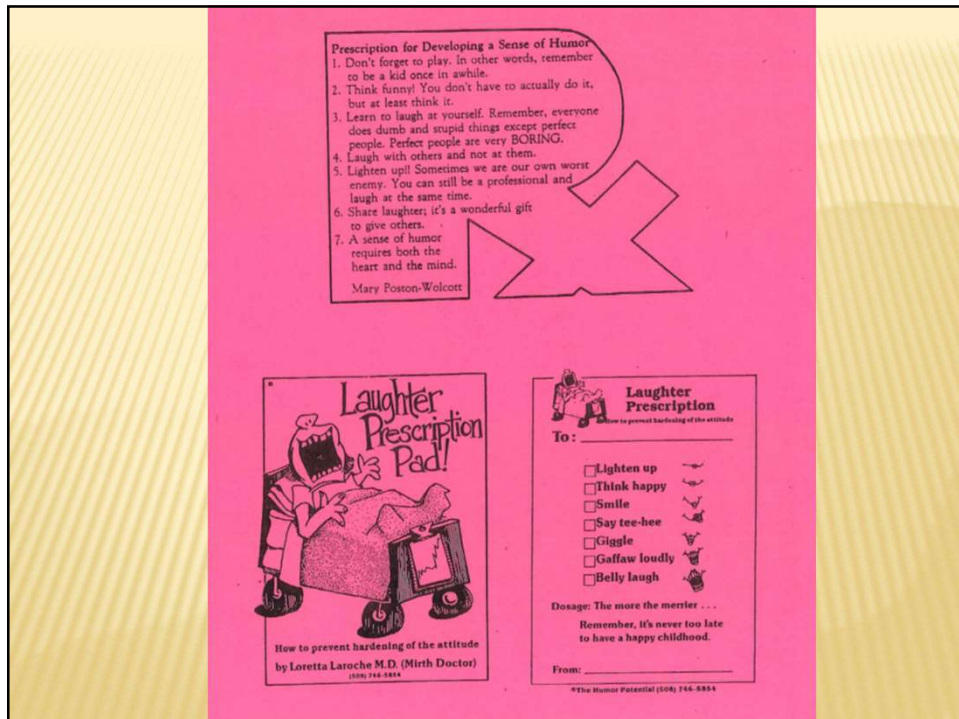


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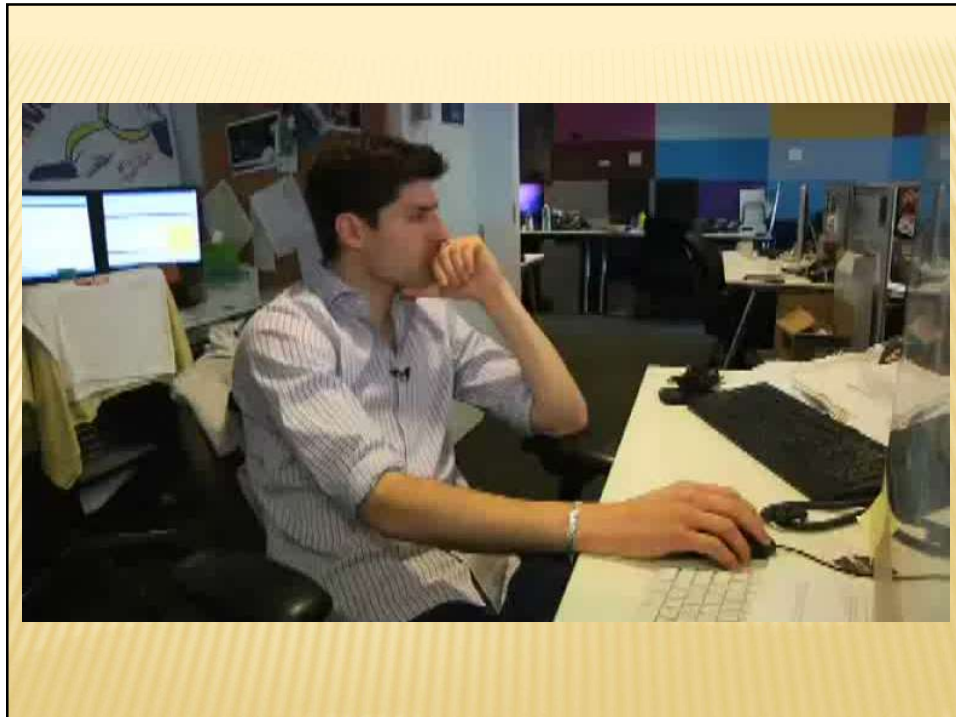
## Laughter Is Internal Jogging

Norman Cousins

<p>Heart rate and blood pressure reduced</p> <p>Feelings of relaxation and reduced tension</p> <p>Circulation is improved as a result of cardiac stimulation</p> <p>Catecholamine activation associated with alertness</p> <p>Stimulates the sympathetic nervous system</p> <p>Activates the hypothalamus, pituitary, and adrenal glands</p> <p>Enhances mental functioning</p> <p>Muscles in chest, abdomen, and shoulders contract</p>		<p>Stimulates the muscular and skeletal system</p> <p>Brings in extra oxygen</p> <p>Production of endorphins creates higher pain threshold</p> <p>Lachrymal ducts tear, causing eyes to sparkle</p> <p>Decreased levels of stress hormones</p> <p>Increase in number of disease fighting immune cells</p> <p>Increase in anti-bodies</p>
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Dance Walk Baby - [http://youtu.be/Ib3Duz\\_6a9M](http://youtu.be/Ib3Duz_6a9M)

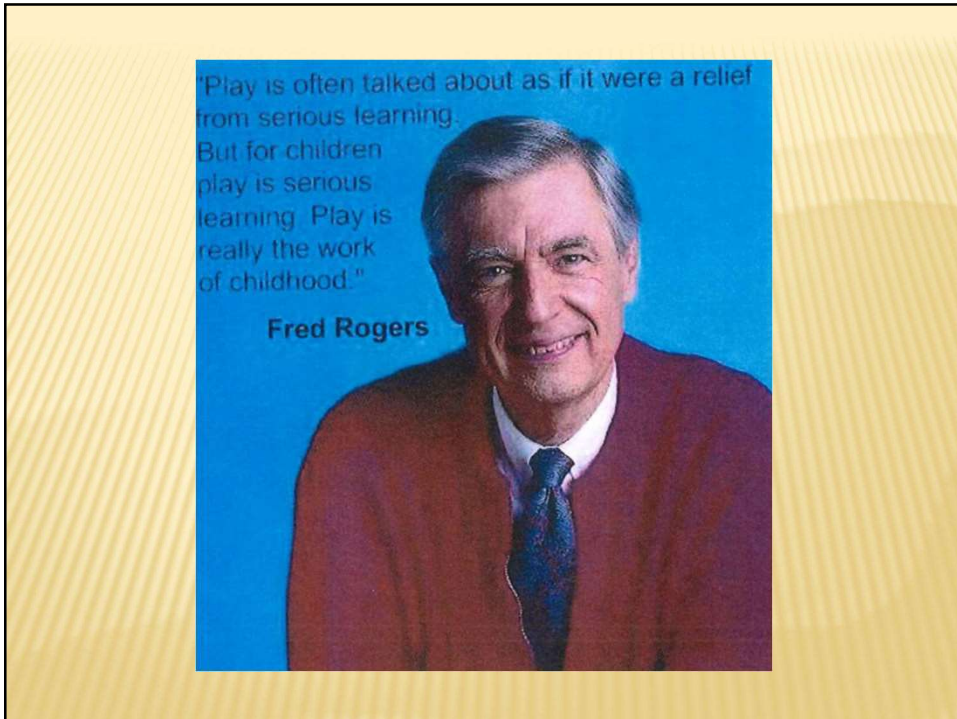
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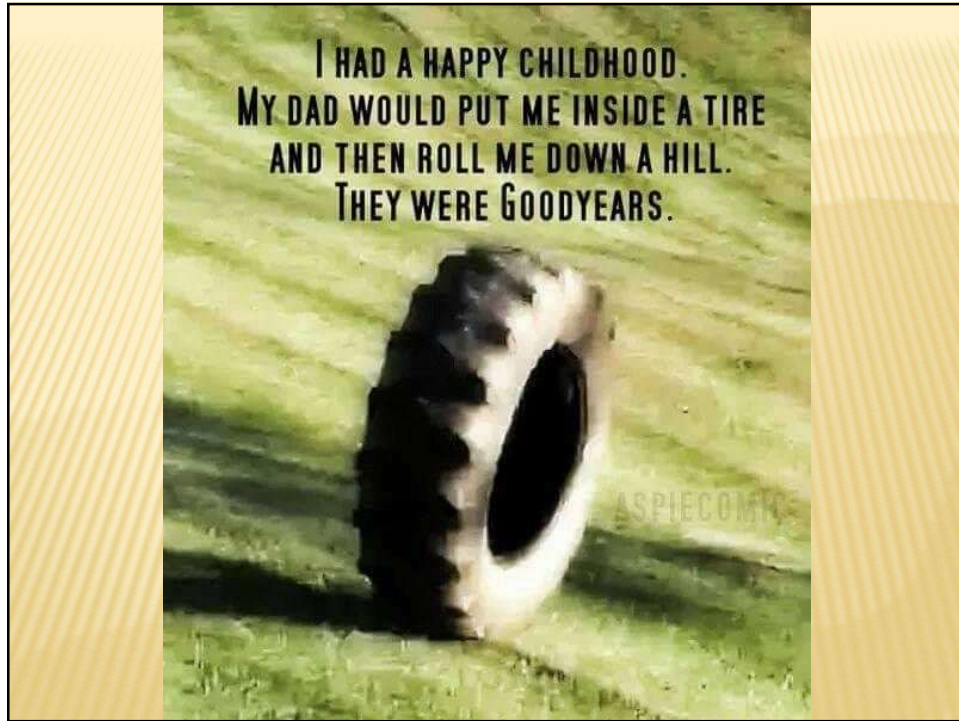




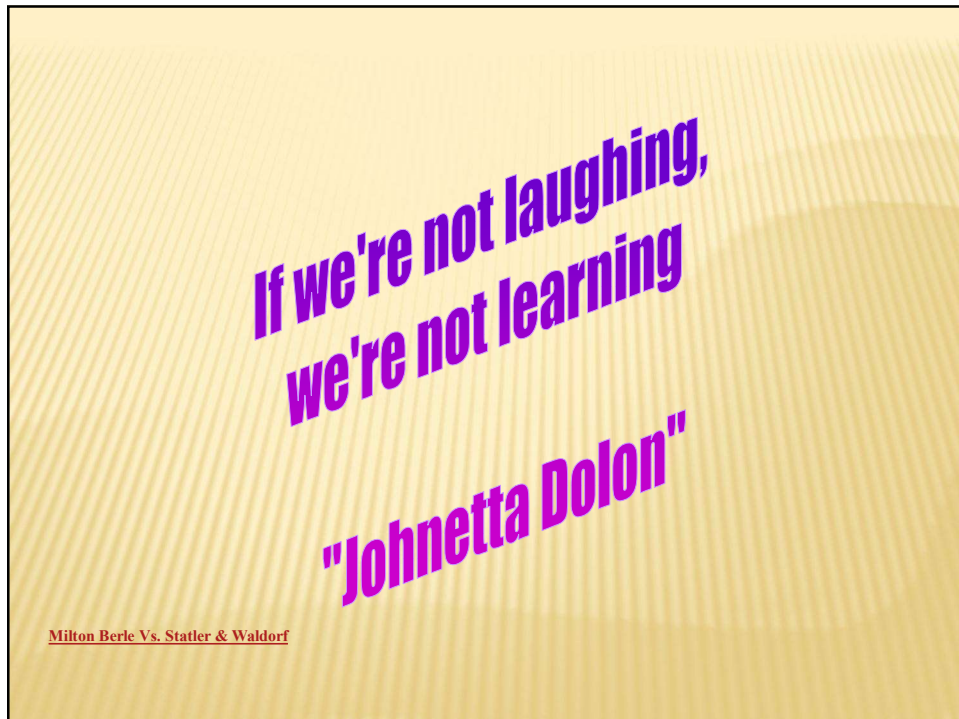
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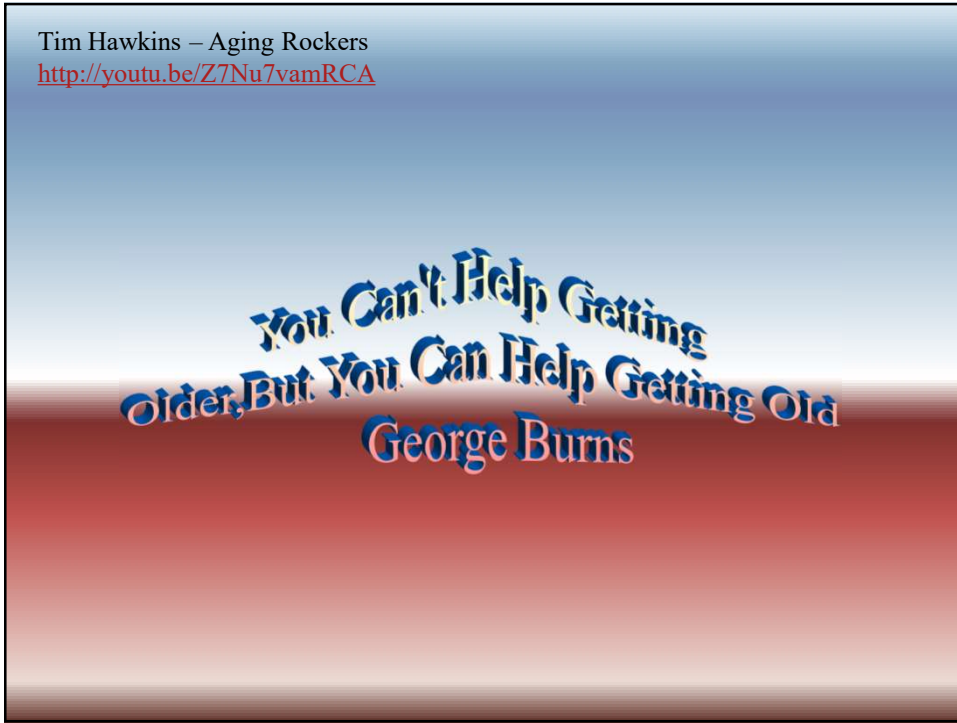


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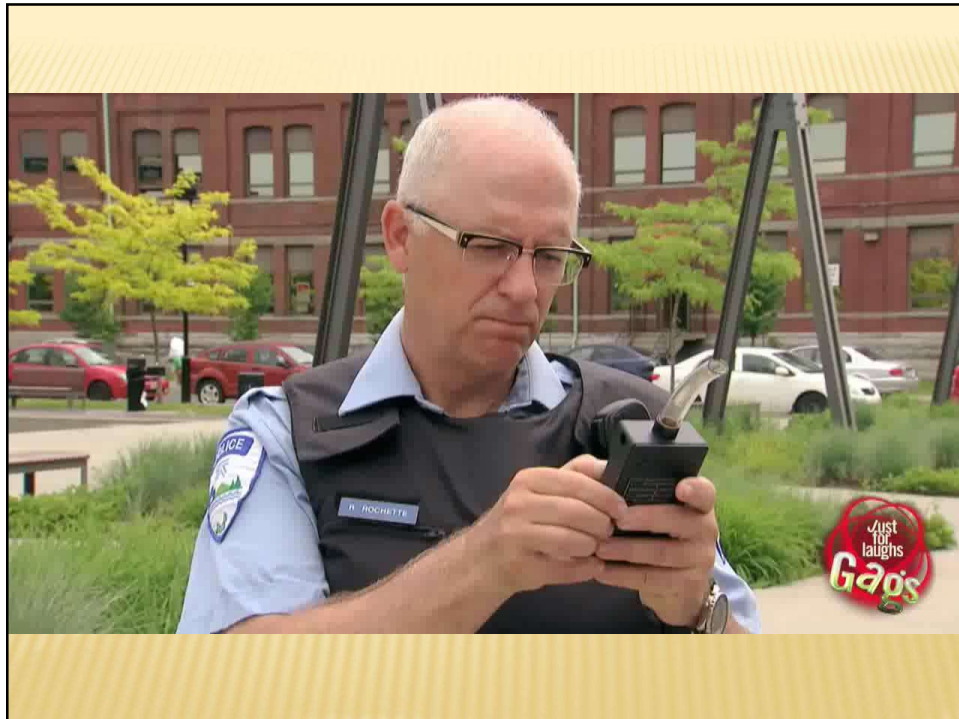
23



24

**IF YOU COULD  
CHOOSE ONE  
CHARACTERISTIC  
THAT WOULD GET  
YOU THROUGH  
LIFE, CHOOSE A  
SENSE OF HUMOR  
(JENNIFER JONES)**

25



26

A Committee is A Group That Keeps  
Minutes and Loses  
Hours  
Milton Berle

Patch Adams, Group Therapy

27

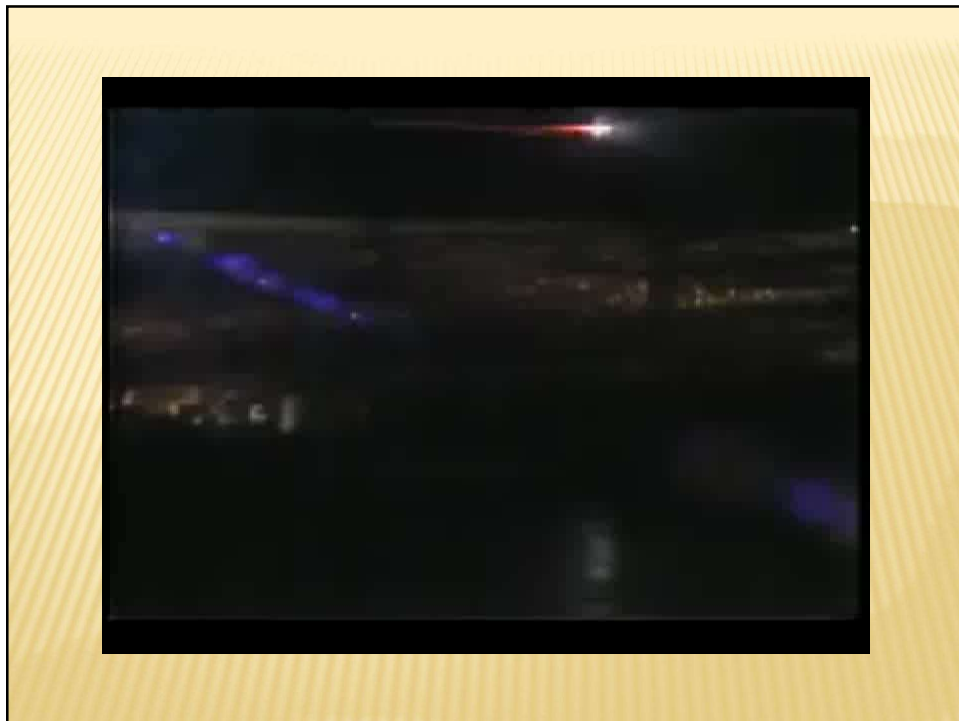


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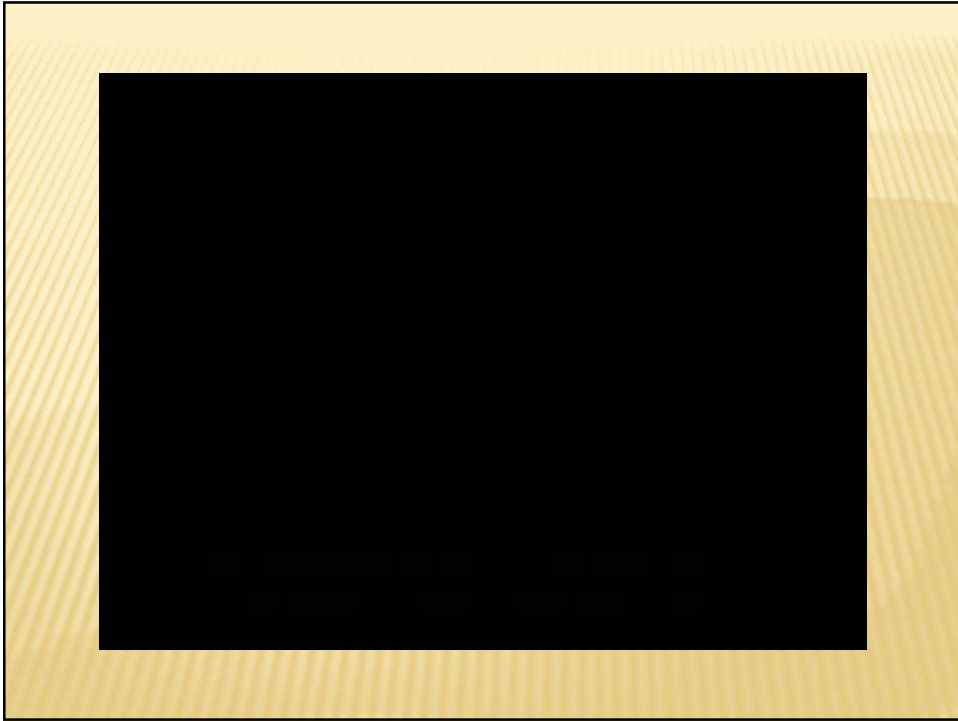
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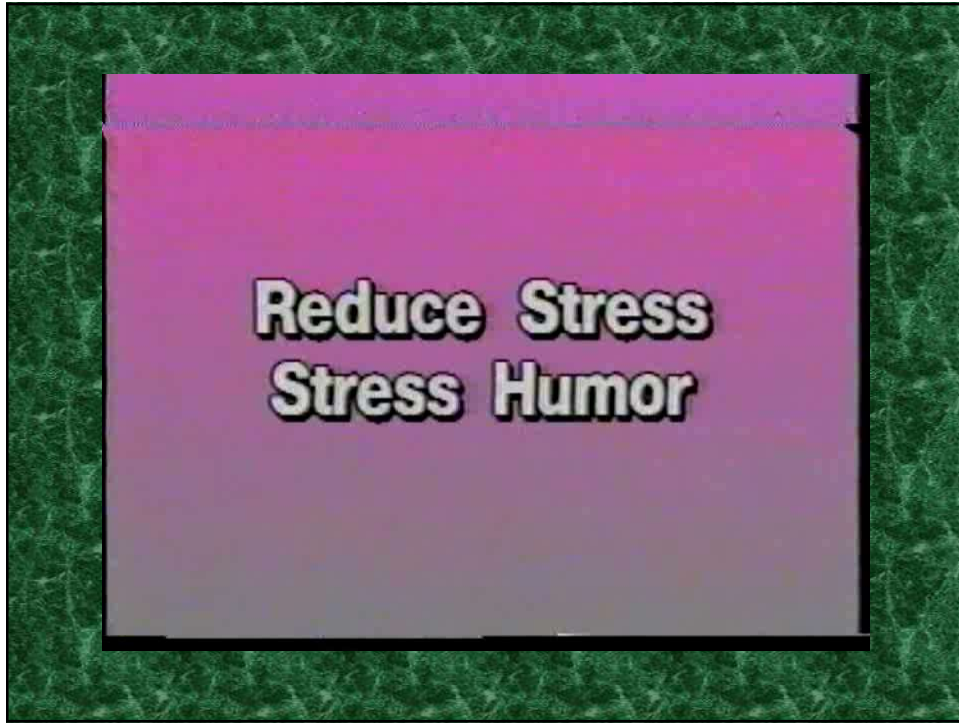
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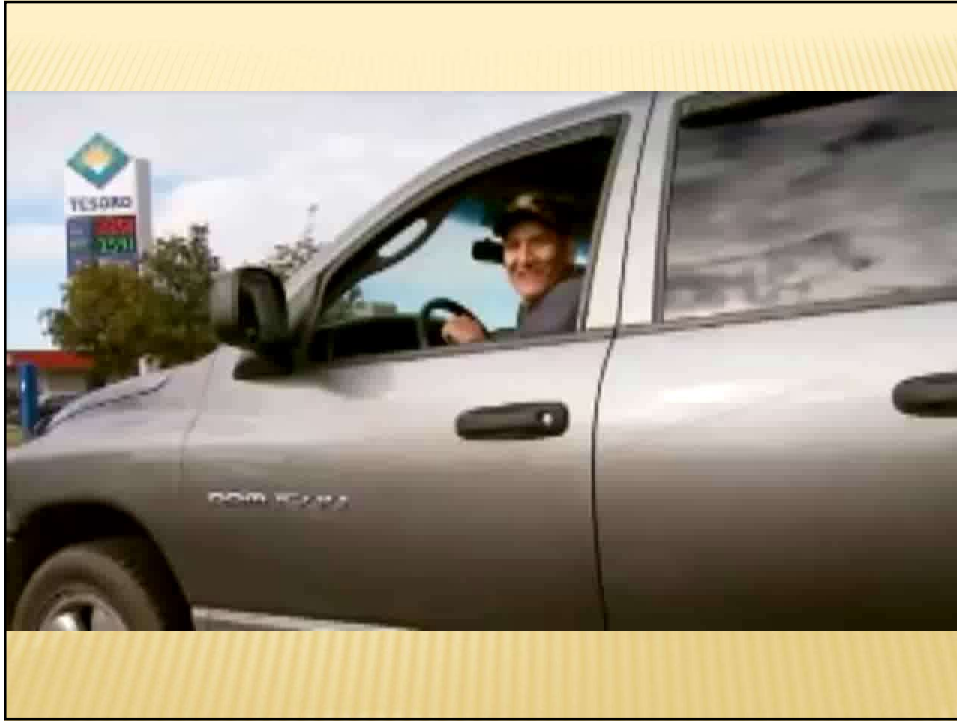


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36

**MY GRANDMOTHER STARTED  
WALKING FIVE MILES A DAY WHEN  
SHE WAS SIXTY. SHE'S NINETY-  
SEVEN NOW, AND WE DON'T KNOW  
WHERE THE HELL SHE IS.  
(ELLEN DEGENERES)**

37



38

## WAYS TO SHOW YOUR SENSE OF HUMOR

- ✘ 1.Appreciate Humor of Others
- ✘ 2.Do Humor
- ✘ 3.Find Humor in Everyday Life
- ✘ 4.Be A Humor Consumer

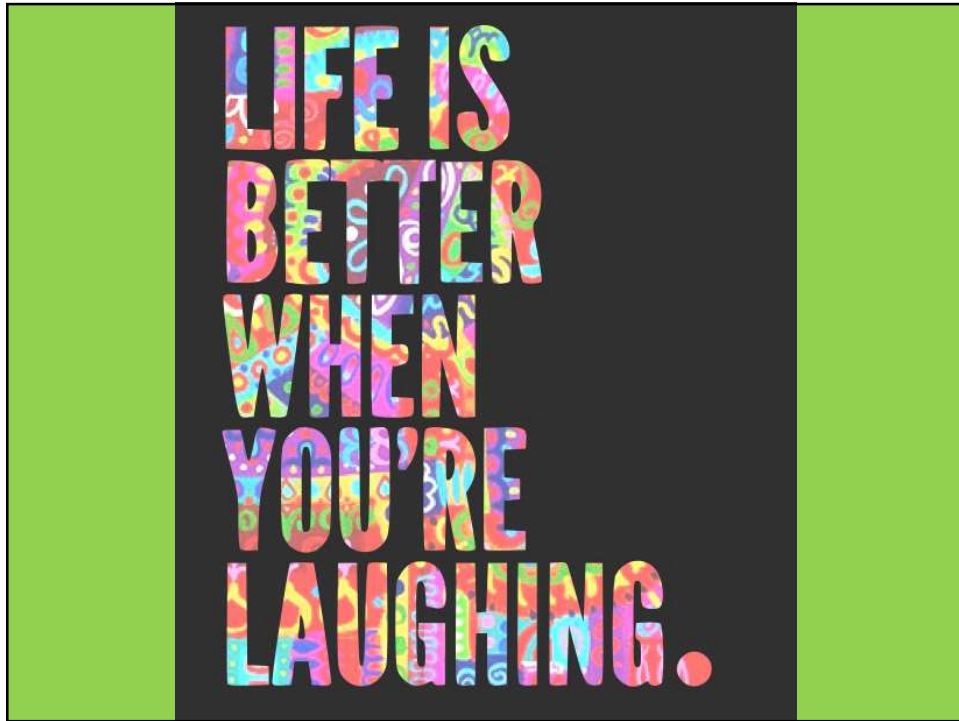
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## Robin Williams Singing Elmer Fudd

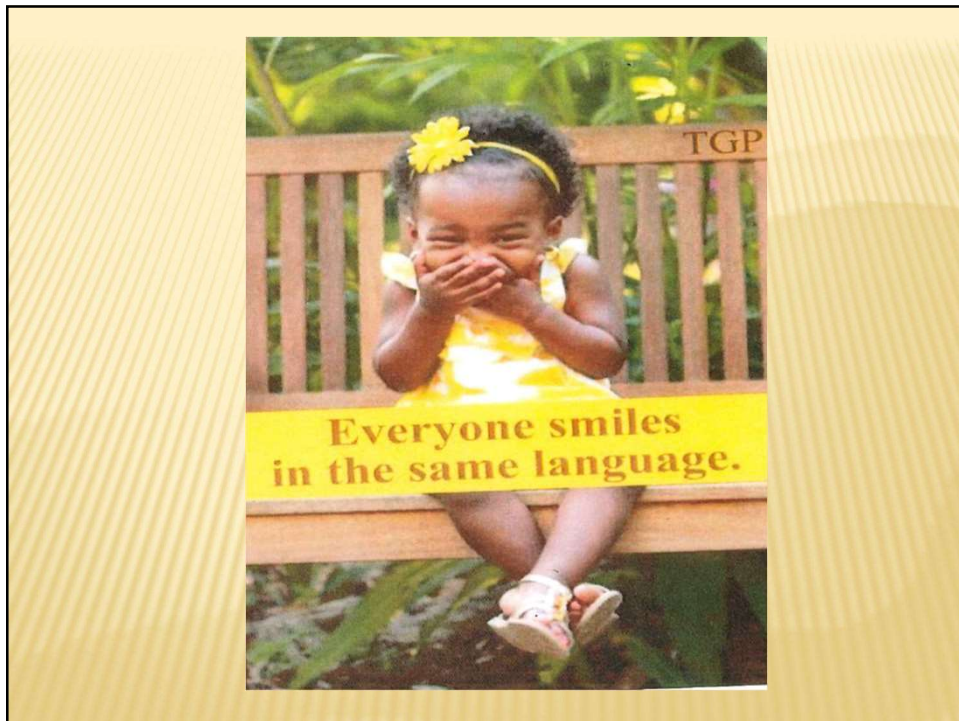


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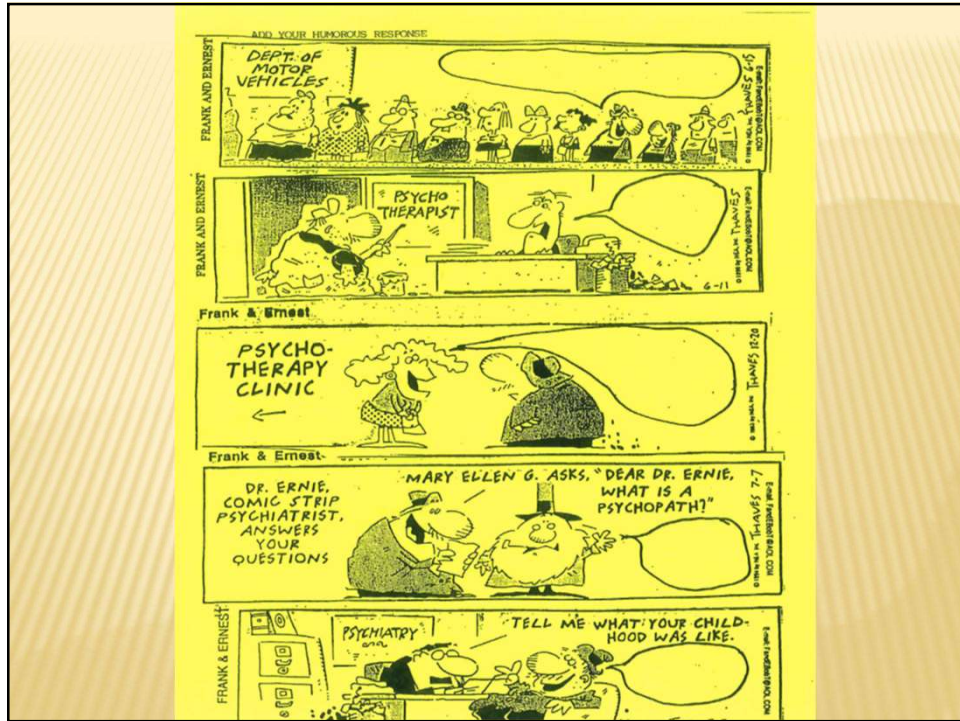




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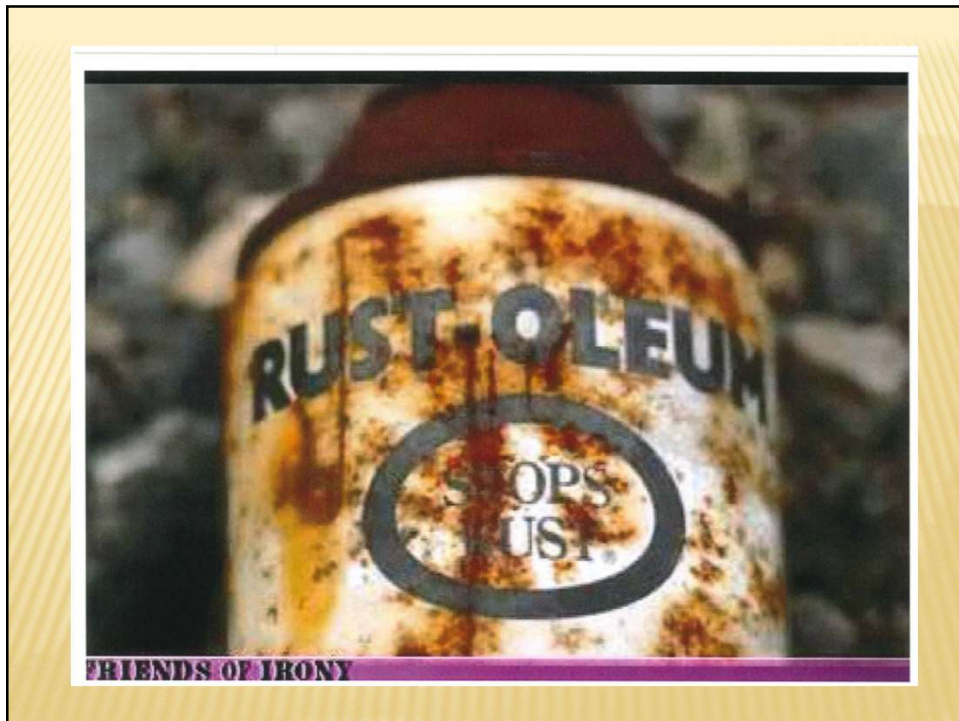


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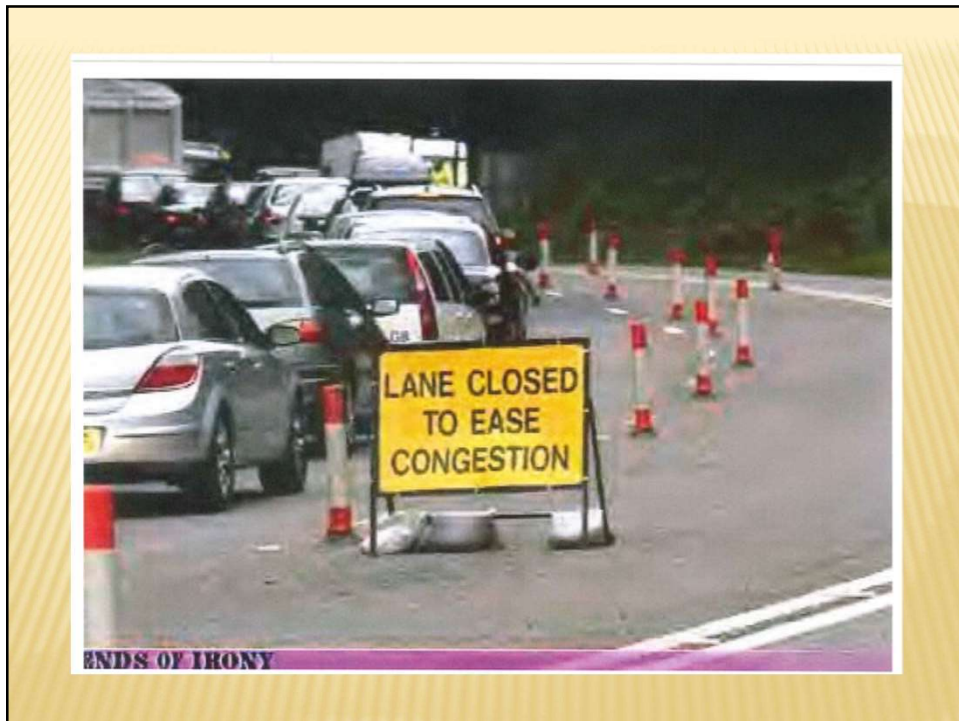


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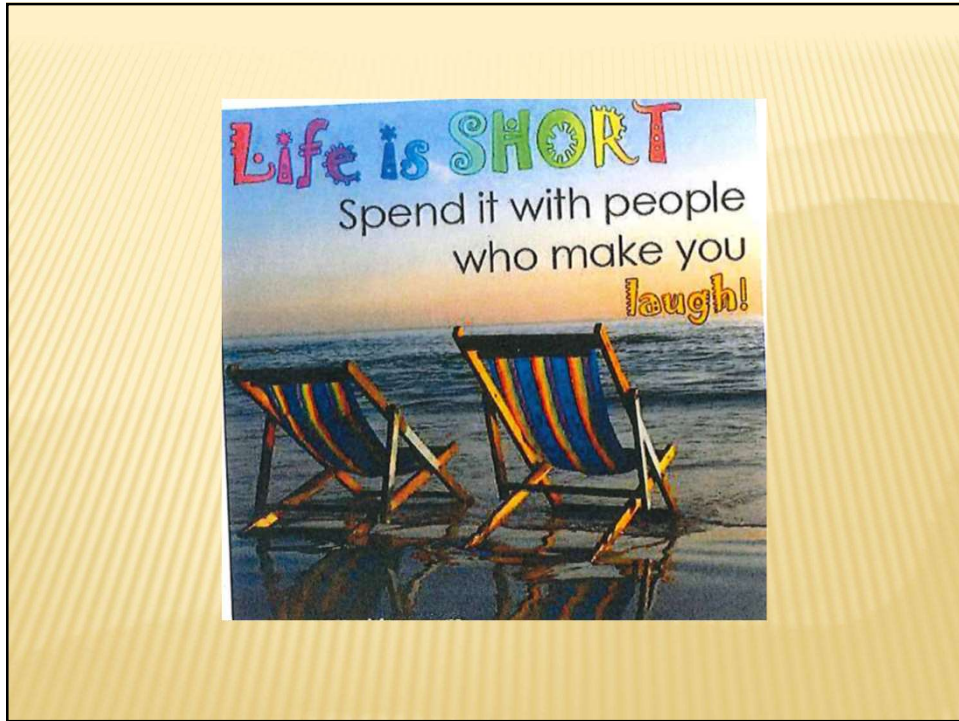


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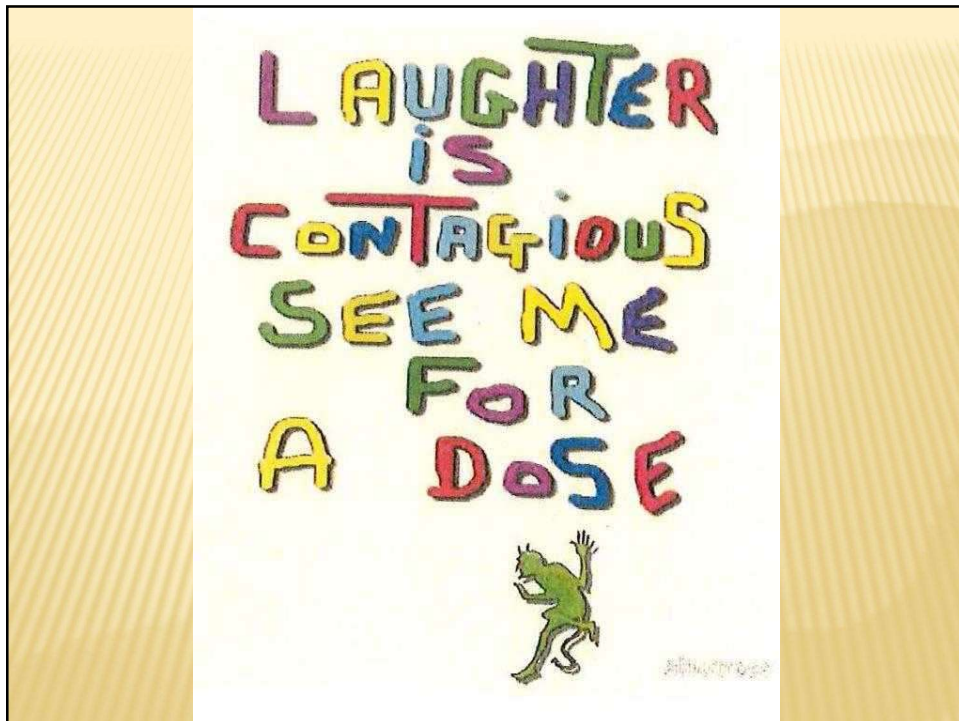


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51



52

**Assessment of your Sense of Humor**

In the space at the beginning of each sentence, indicate the degree in which you agree or disagree with the statement made by writing a 1, 2, 3, or 4 and using this scale:

1	2	3	4
Strongly Disagree	Mildly Disagree	Mildly Agree	Strongly Agree

**Enjoyment of Humor**

\_\_\_ 1. I enjoy being around people who make me laugh.

\_\_\_ 2. I make it a point to often watch sit coms and other comedy programs I like on television.

\_\_\_ 3. When I pick up a magazine, I generally scan through it to look at the cartoons.

\_\_\_ 4. When I go to the movies, I would just as soon see a good comedy as any other kind of film.

\_\_\_ 5. It is important to me to have a lot of humor in my life.

\_\_\_ Total Score

**Seriousness and Negative Mood**

\_\_\_ 1. I am in a serious frame of mind most of the time.

\_\_\_ 2. I get annoyed by people who are playful at work.

\_\_\_ 3. I have a pessimistic outlook on life.

\_\_\_ 4. I am often in a negative mood.

\_\_\_ 5. I often feel frustrated.

\_\_\_ 6. I often feel depressed.

\_\_\_ 7. I often feel anxious.

\_\_\_ 8. I often feel angry.

\_\_\_ 9. I often feel sad.

\_\_\_ Total Score

**Playfulness and Positive Mood**

\_\_\_ 1. I often adopt a playful attitude in approaching things.

\_\_\_ 2. I get annoyed by people who are always serious at work.

\_\_\_ 3. I find it easy to switch from a serious to a playful frame of mind.

\_\_\_ 4. I am a very spontaneous person.

\_\_\_ 5. I have a lot of fun in my life.

\_\_\_ 6. I have an optimistic outlook on life.

\_\_\_ 7. I am often in a positive mood.

\_\_\_ 8. I can generally relax when I want to.

\_\_\_ Total Score

53



54



Thank you for taking the time to  
attend my presentation on Humor.

I hope you had fun!

Good Luck and Good Humor!

