

If Humor is the Music of the Soul, please turn it up!

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Resilience Lecture Series

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Humor is . . .

- Diverse
- Individual
- Cerebral
- Emotional
- Physical
- Harmful, at times



Humor is ...

- Infectious
- Good for you
- Something that helps us to cope
- Creative
- Sexy
- Everywhere



Getting to know you

What is *your*
stripper name??



What is your stripper name?

- The name of your first pet
- The name of the street on which you first lived



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"No, Thursday's out. How about never—is never good for you?"



Sarcastic Humor

- A cutting remark, a taunt
- Can be hurtful
- Good natured sarcasm avoids insults





Dr. Dropkin



Good Genes





Happiness

- Genes 50%
- Circumstances
(out of your control) 10%
- Intentional Activities 40%



George Burns

- Until his death, at age 100, he smoked as many as 10 cigars a day
- “Happiness is having a large, loving, caring, close-knit family.....
in another city

Another type of humor is:

IMPROVISATION

Two-Headed Expert

(Help from the audience)

How to (_____) a (_____)

3 Components of Humor



- Wit (cognitive)
- Mirth/Joy
(emotional)
- Laughter (physical)



Can't laugh? Try smiling.



Forced Smile



Smiling is Contagious





Smiling is Good for You

- Relieves stress
- Boosts immune system
- Lowers blood pressure

Look younger by smiling



- Smiling releases endorphins, natural pain killers and serotonin
- Muscles used in smiling lift the face making the person look younger



Humor: A Coping Tool

- Tragedy + Time = Humor
- Time heals
- Gallows humor



Humor and Creativity



Humor through Music

*And Thanks for
coming!*