Life at the Library’s a Beach

Beth Anderson and Tanya Ellenburg-Kimmet

Wright State University Libraries

Quotes:

“Dozens of top companies are finding that employees who laugh together stay together, produce more, invent more, and work more cohesively as a team.” Bradford Swift, HRMagazine March 1994

“The sales director of a large New York corporation hired a theater director to teach his salesmen to smile. Sales went up 15% within 3 months of the lesson.” Seth Godin, Wisdom, Inc

“According to Evelyn Girard of the Forum Conference Center, the most important resource that she has to offer to clients coming to her facility for a meeting is a toy box. She thinks that every conference room should have one - with toys inside to spur creativity, reduce stress, and build teamwork.” (301 Ways to Have Fun at Work by Dave Hemsath and Leslie Yerkes)

“Employees from the Colorado Health Sciences Center in Denver who viewed humorous training films and attended workshops showed a 25% decrease in downtime and a 60% increase in job satisfaction. HRFocus February 1993

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**Dave’s Top Ten List (to have fun at work):**

10. Dance the Macarena

9. Group outing (lunch, dinner, or happy hour)

8. Celebrate birthdays and anniversaries

7. Post cartoons (Dilbert) on doors bulletin boards, etc.

6. Dress up on Halloween

5. Have a positive attitude

4. Casual dress Friday

3. Tell Jokes

2. Eat (foods can vary)

1. Smile

Hemsath, Dave; Yerkes, Leslie. 301 Ways to Have Fun at Work. 1997.

**A Twelve Step Method to Fun (301 Ways to Have Fun at Work by Dave Hemsath and Leslie Yerkes)**

* Start with Yourself
* Inspire Fun in Others
* Create an Environment That Encourages Fun
* Celebrate the Benefits of Fun
* Eliminate Boundaries and Obstacles That Inhibit Fun
* Look for the Humor in Your Situation
* Follow Your Intuition-Be Spontaneous
* Don’t Postpone Your Fun
* Make Fun Inclusive
* Smile and Laugh a Lot
* Become Known as “Fun Loving”
* Put Fun into Action

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Yerkes, Leslie. “When You Lead with Fun, People Follow with Success”

<http://www.winstonbrill.com/bril001/html/article_index/articles/251-300/article294_body.html> 12 steps to Fun



From: http://www.teehee.com/Reasons.html

Check Out!

[www.creativethink.com](http://www.creativethink.com) Roger von Oech who is author of

* [A Whack on the Side of the Head](http://www.amazon.com/Whack-Side-Head-More-Creative/dp/0446404667/ref%3Dpd_bbs_sr_1?ie=UTF8&s=books&qid=1210021422&sr=1-1),
* [A Kick in the Seat of the Pants](http://www.amazon.com/gp/explorer/0060960248/2/ref%3Dpd_lpo_ase/002-4570228-7720848), and
* [Expect the Unexpected](http://www.amazon.com/exec/obidos/ASIN/1576752275/ref%3Dase_creativethink/002-7913748-5268030)
* [Creative Whack Pack for the iPhone](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=307306326&mt=8)

Meetings Bloody Meetings: <http://www.youtube.com/watch?v=ZWYnVt-umSA>

LaughterYoga <http://www.youtube.com/watch?v=BJefvRplGnE> or [www.laughteryoga.org](http://www.laughteryoga.org)

<http://www.winstonbrill.com/bril001/html/article_index/articles/251-300/article294_body.html> 12 steps to Fun

Powerpoint and notes are available at <http://cyberwildstar.weebly.com/funthelibrary-wsu-style.html>

# Laughter is good medicine for reducing stress, enhancing brain chemistry

by Mike Adams, the Health Ranger, NaturalNews Editor Thursday, April 28, 2005

How do you actually reduce the levels of chronic stress in your body and enhance your lifespan, boost immune system function, protect your nervous system and your sanity, and give your endocrine system a much-needed rest? Fortunately there are several easy ways to do this. Let's start with the easiest one: laughter.

Laughter is a healing activity. You may have seen the movie called "Patch Adams," which is a movie about a real life doctor who still practices today and uses laughter as healing. He's quite correct in using [laughter](http://www.naturalnews.com/laughter.html) as a healing therapy, because it is one of the most healing activities in which you can engage.

Laughter operates on at least three different levels. They are the biophysical, the biochemical, and the bioenergetic levels.

**Laughter moves** [**lymph**](http://www.naturalnews.com/lymph.html) **and oxygenates your organs**
At the biophysical level, laughter moves lymph fluid around your body simply by the convulsions you experience during the process of laughing; so it boosts [immune system function](http://www.naturalnews.com/immune_system_function.html) and helps clear out old, dead waste products from organs and tissues. Remember that your lymph system doesn't have a separate pump; your body needs to move around to properly circulate lymph fluid so that your [immune system](http://www.naturalnews.com/immune_system.html) can carry out its natural functions. Laughter is a great way to support that.

Secondly, laughter increases oxygenation of your body at both the cellular and organ level. By laughing, you intake vast amounts of [oxygen](http://www.naturalnews.com/oxygen.html) in huge gulps, and you repeat this process in a sort of temporary hyperventilation session. This is the natural result of laughter, and if you watch someone laugh, you will notice these biophysical effects.

Now, why is oxygen so good for your body? Oxygen is one of the primary catalysts for biological energy in the human body. Remember, we breathe in oxygen and exhale carbon dioxide, so oxygen is an element of intracellular energy that's absolutely necessary to sustain human life.

It's also interesting to note that cancer cells are destroyed in the presence of oxygen. In fact, many parasites and bacteria don't survive well in the presence of oxygen, and to the extent that you can circulate extra oxygen throughout your body, you can help prevent, or in some cases treat, these diseases.

This is one reason why we see an increasing number of so-called "oxygen bars" in the United States and other countries. People enjoy going to these bars and breathing a much higher concentration of oxygen, because they say it gives them greater mental clarity. They like the feeling of this extra oxygen: it's almost like that "natural high," as they say. Now, personally, I've tried this myself and I didn't notice any effect whatsoever. But it could be because my body is able to carry oxygen so efficiently in the blood that I'm already experiencing peak oxygenation and didn't get any extra benefit from a higher concentration in the air I was inhaling. But, who knows? You might experience a benefit or I might have been at a lousy oxygen bar. But the point is, oxygen is good for you, and when you laugh, you get more oxygen into the cells of your body. If you can laugh at an oxygen bar, that's even better!

Laughing also boosts circulation, so at the same time that you're distributing oxygen around your body, you're boosting the circulation of your blood; you're exercising abdominal [muscles](http://www.naturalnews.com/muscles.html); you're exercising the muscles of your face; and you're enhancing the flexibility of various joints throughout your body. So it's a bit of physical exercise and healthful body movement as well.

The harder you laugh, the greater this effect. If you can find a way to put yourself into a state of rolling, outrageous laughter, you're going to get a fantastic physical workout from it. In fact, the next day, you may even find your stomach muscles are sore. Have you ever laughed so hard that your stomach hurt and your facial muscles were exhausted? That's some serious exercise, and it's the kind of exercise in which we should all engage on a regular basis.

**The chemistry of laughter**
Now let's look at the biochemical impact of laughter. When you laugh, there's a lot more going on in your body than just the physical effect. You're also experiencing a biochemical benefit.

Your body manufactures [chemicals](http://www.naturalnews.com/chemicals.html) based on certain needs and then distributes them throughout your body. When you laugh, you generate a wealth of healing biochemicals. I've often stated that **for every minute of laughter, you produce somewhere around $10,000 worth of healthy body chemistry**, and what I mean is that if you had to go out and actually purchase these refined chemical compounds from labs or pharmaceutical companies, you would have to pay at least $10,000 for the very same chemistry that your [brain](http://www.naturalnews.com/brain.html) is producing free of charge when you engage in laughter.

Some of these are brain-altering chemicals such as serotonin; others are immune-boosting chemicals such as interleukins. If you were to make a long list of all the chemicals created by engaging in healthy laughter, you would have quite a list of healthy body chemicals that would carry a hefty price tag if you purchased them retail. And yet, once again, **you can create these chemicals for yourself at no cost** by simply engaging in laughter.

You will find that these chemicals have extraordinary positive healing effects on your body and mind. They will boost immune system function; they will improve your outlook on life; they will tend to diminish any symptoms of depression; and because they help reduce stress, they will also prevent all of the various diseases and disorders that are caused by [chronic stress](http://www.naturalnews.com/chronic_stress.html).

In other words, laughter can help counteract the destructive, negative [health](http://www.naturalnews.com/health.html) consequences of chronic stress. And what I've described here just scratches the surface of the benefits that are available to those who engage in regular laughter. Check out the science field called psychoneuroimmunology to learn more on this. It's a fascinating specialty that looks at the link between the mind and immune system function. What researchers have found in this field is that your state of mind has everything to do with the functioning of your immune system. By engaging in laughter, you can boost both your mind and your body.

But what if you can't find anything to laugh about? Rent some funny movies. Join a comedy improv class. Imagine all your older friends wearing no clothes. Buy some silly finger puppets and invent a funny skit. Learn from children: they still know how to play and laugh. Find a way to get laughter into your life, even if it means being a little weird.

This article is a content segment from the book, [***the Five Habits of Health Transformation***](http://www.truthpublishing.com/5habits.html) by Mike Adams. The book covers the five most effective, yet effortless strategies for enhancing health. Written for busy people, it explains how to get the greatest health results possible with the least investment in time, money or effort.{SubscribeHealthRangerBlock}

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<http://www.naturalnews.com/007551.html>

# http://mindbodyfitness.suite101.com/article.cfm/a\_great\_laugh\_really\_is\_the\_best\_medicine

# A Great Laugh Really is the Best Medicine

## Forget Milk, A Hearty Laugh Will do a Body Good

[Jan 17, 2010](http://www.suite101.com/daily.cfm/2010-01-17) [Brent Grider](http://www.suite101.com/profile.cfm/brentgrider)



The Secret to Longevity - *Microsoft Clip Art*

The act of laughter brings many potent physical and mental health benefits. Laugh your way to great health today.



Laughter benefits the mind and body in many ways. In fact, it is one of the healthiest things a person can do physically and mentally. It is free, has no negative side effects (except maybe some sore stomach muscles the next day), and can be enjoyed by anyone most anytime. Unfortunately, laughter may not happen as often as it should in today's modern, fast-paced society. A recent article on the website Relishing Life points out that, "By the time a child reaches nursery school, he or she, will laugh an average of 300 times a day. Adults laugh an average of 17 times a day." Kids understand the need for laughter; it comes naturally and spontaneously to them. Laughter is fun and feels good, but there are many other reasons to laugh as well.

**Phyical and Mental Benefits of Laughter**

Laughter is great for the body, mind and soul. Let's look at a few specific benefits to a good hearty laugh:

[Ads by Google](http://www.google.com/url?ct=abg&q=https://www.google.com/adsense/support/bin/request.py%3Fcontact%3Dabg_afc%26url%3Dhttp://mindbodyfitness.suite101.com/article.cfm/a_great_laugh_really_is_the_best_medicine%26hl%3Den%26client%3Dca-pub-7332027313721357%26adU%3Dwww.unibecostarica.com/contact-us.h%26adT%3DStudy%2BMedicine%2BIn%26adU%3Dwww.chall.com%26adT%3DFamily%2BMedicine%2BCME%26adU%3DADHDTreatmentforAdults.com%26adT%3DADHD%2BTreatment%2Bfor%2BAdults%26adU%3Dwww.Wilderness-Medicine.com%26adT%3DWilderness%2BMedicine%26adU%3Dwww.APUS.edu/SportsManagement%26adT%3DSports%2BMedicine%2BDegrees%26adU%3Dnuclearmedicine.com%26adT%3DPortable%2BNuc%2BCardiology%26adU%3Dwww.GentleDragonAcupuncture.com%26adT%3DMiddletown%2BAcupuncture%26adU%3Dwww.FreeMedicineRevolution.com%26adT%3DCan%2526%252339%253Bt%2BAfford%2BMedications%26adU%3Dwww.yosan.edu%26adT%3DStudy%2BChinese%2BMedicine%26adU%3Dwww.CureInSite.com%26adT%3DTake%2BBlood%2BPressure%2BMeds%253F%26adU%3DSearchByDegree.com/HolisticHealth%26adT%3DHolistic%2BHealth%2BDegrees%26adU%3Dwww.woha.com%26adT%3DOccupational%2BHealth%26adU%3Dchristiangoodman.com%253FBlood-Pressure%26adT%3DHigh%2BBlood%2BPressure%253F%26gl%3DUS&usg=AFQjCNHY63Wqrs46y25LLcKGlYMmUOQlEg)

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* heart protection--Research has shown that people with heart disease are 40% less likely to laugh than people without heart disease. Laughter exercises the heart muscle and reduces the levels of many potentially heart damaging stress hormones such as cortisol, dopamine, adrenaline, and growth hormone. While these hormones are necessary in emergency situations, they can lead to increased inflammation and an increased heart disease risk when they are constantly elevated.
* lower blood pressure--When a person laughs, blood pressure temporarily rises and then quickly decreases to below normal. People who laugh regularly have lower standing blood pressure than those who laugh less frequently.
* laughter is great exercise--A hearty laugh is a good workout for more than just the heart muscle. It also exercises the diaphragm, stomach, respiratory, facial, leg and back muscles. It is a great aerobic exercise because it increases the body's ability to use oxygen. It is like "internal jogging." A hearty laugh can burn as many calories as several minutes on a stationary bike or rowing machine.
* immune system booster--Laughing increases the number and activity of natural germ and disease killer cells. It appears to be a switch that turns these cells on in greater numbers.
* improved brain function--Laughter stimulates both sides of the brain and enhances learning. It helps to keep the brain alert and improves memory.
* reduces stress--Laughter reduces stress levels, elevates mood, and improves emotional health. It releases endorphins into the body, which are the body's natural mood enhancers. Laughter also gives perspective on life, changes the way the mind thinks, and suppresses feelings of being overwhelmed.
* laughter creates a social connection--A healthy sense of humor reflects a healthy level of self-esteem and shows self-acceptance and self-respect. These feelings often translate into healthy relationships. Humor enhances our ability to connect with others and find common ground. It is an important part of relationships, whether with family, friends, partners or colleagues. Humor brings people together in a shared experience.

### Find Laughter Where You Can

Laughter is critical to living a healthy and balanced life. Take the time to find humor in life and better health may follow. Surround yourself with people who like to laugh. People who like to laugh often attract other people who like to laugh. Humor can be found most anywhere and in most situations if we are receptive to it. Look for humor everyday. Take a five minute humor break where you spend a few minutes reading, watching, or listening to something funny. Watching children is another great source of humor. Do whatever it takes to find ways to laugh. You'll be glad you did.

References:

University of Maryland. ["Laughter"](http://www.umm.edu.features/laughter.htm) (Accessed 10/20/09).

### Read on

[Therapeutic Humor](http://generalmedicine.suite101.com/article.cfm/therapeutic_humor)

How does humor affect health care surroundings? Read on to find out more about the value and effects of humor.

Holistic Online. ["Humor Therapy"](http://www.holisticonline.com/Humor_Therapy/humor_therapy.htm) (Accessed 10/20/09).

[www.bestknowninfo.com](http://www.bestknowninfo.com) "Laughter is Good for You" (Accessed 10/20/09).

[www.relishinglife.com](http://www.relishinglife.com) "Amazing Benefits of Laughter" (Accessed 11/7/09).

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