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### **“Laughing: Just For The Health Of It”**

Laughter is not only a response to jokes or funny situations, but a kind of appreciation of living, a sense of balance, a reflection of the joy of life itself.

Laughter and humor provide some wonderful benefits. Humor is becoming increasingly recognized as a vital part of problem-solving, conflict resolution, creativity, breaking down barriers and reducing stress. Humor is also recognized as a protective factor that builds resilience.

Every time we laugh, we release our endorphins. Humor allows us to get perspective. Sometimes we need humor to get a break from the seriousness of our reality.

Laughter and humor:

- Provide a respite from grief and pain
- Provide social support
- Reduce depression, anxiety and tension
- Relieve stress

Humor and laughter are essential ingredients for healthy selves and healthy relationships. Understanding and accepting ourselves can provide a bridge to connecting with others. Laughter and humor impact on our lives in many ways. This workshop will explore that impact and provide opportunities for us to examine our own sense of humor. We will determine strategies for adding more humor into our lives.

#### **Goal**

To discover how humor can improve the quality of our lives.

#### **Objectives**

1. To increase awareness of the importance of humor in our lives
2. To recognize the significance of the relationship between laughter and stress reduction
3. To explore the many emotional and physical benefits of humor and laughter
4. To provide methods of putting more humor in our lives