



Laughter is the
best medicine
Thursday, October 13, 2022

Compassion. Excellence. Reliability.



Joke card # 1

An elderly man in North Carolina had owned a large farm for several years...



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- An elderly man in North Carolina had owned a large farm for several years. He had a large pond in the back, fixed up really nice, along with some picnic tables, horseshoe courts, and some apple and peach trees. The pond was properly shaped and fixed up for swimming when it was built. One evening the old farmer decided to go down to the pond and look it over. He grabbed a five gallon bucket to pick some fruit. When he came close to the pond he saw a bunch of young women skinny-dipping. When the women heard him coming they went into the deep part of the pond to shield themselves. One of the women shouted to him “ We are not coming out until you leave.” The old man thought a moment and replied, “I didn’t come down here to watch you ladies swimming butt naked!”
- Holding up the bucket in his hand he said, “ I only came here to feed the alligator.”



Immune system

- Our immune system plays an important role in helping you maintain good health by resisting:
 - Bacteria and viral infections
 - Allergies
 - Cancers

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- It has been proven that all negative emotions like anxiety, depression, or anger weaken the immune system of the body, thereby reducing its fighting capacity against infections.

- Researchers have found that after laughter therapy there is an increase in antibodies (immunoglobulin A) in the mucous of the nose and respiratory passages, which is believed to have protective capacity against some viruses, bacteria and other micro-organisms. The effect of laughter on our immune system is considered to be very significant in regard to deadly disease like AIDS and cancer.



Joke card # 2

A man was driving down the road with 20 penguins in the back seat of his car...



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- A man was driving down the road with 20 penguins in the back seat of his car. A policeman stopped him and said, “You can’t drive around with penguins in the car. You should take them to the zoo.” The man agreed and drove off. The next day the same man was driving down the road with 20 penguins in the back seat of his car. He was stopped again by the same policeman who said “Hey, I thought I told you yesterday to take those penguins to the zoo.”
- The man replied “I did. Today, I’m taking them to the movies.”



HTN and heart disease

- There are a number of causes for high blood pressure/hypertension (HTN) and heart disease:
 - Heredity
 - Obesity
 - Smoking
 - Excessive intake of saturated fats
- Stress is one of the major risk factors
- In experiments it has been proven that there is a drop of 10-20 mm blood pressure after participating for 10 minutes in a laughter session.

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- Laughter helps to control blood pressure by reducing the release of stress-related hormones and bringing relaxation.
- Those who are suffering from heart disease and have stabilized on medication will find that laughter improves the blood circulation and oxygen supply to the heart muscles. Due to improvement of blood circulation there are less chances of forming a clot.
- In experiments it has been proven that there is a drop of 10-20 mm blood pressure after participating for 10 minutes in a laughter session.



Joke card # 3

- If a no. 2 pencil is so popular, why is it still #2?
- Why do we park on a driveway and drive on a parkway?
- Isn't it a bit unnerving that doctors call what they do practice?



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- A Roman Catholic



Natural pain killer

- Laughter increases the levels of endorphins in our bodies, which are natural pain killers
- Endorphins released as a result of laughter may help in reducing the intensity of pain in those suffering from arthritis, spondylitis, and muscular spasms of the body
- Norman Cousins was an American journalist who was suffering from incurable disease of the spine was benefited with laughter therapy when no painkiller could help him.

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• Many women have reported a reduced frequency of migraine and tension headaches.

• Norman Cousins was an American journalist who was suffering from incurable disease of the spine was benefited with laughter therapy when no painkiller could help him.



Breathing

- Laughter is one of the best exercises for those suffering from asthma and bronchitis
- It improves the lung capacity and oxygen levels in the blood
- It increases relaxation levels and activity performance
- Laughter also exercises the diaphragm and abdominal muscles. This helps people gain better control over speech

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Joke card # 5

An elderly gent was invited to his old friends' home for dinner one evening...



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- An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms--honey, my love, darling, sweetheart, pumpkin, etc...The couple had been married almost 70 years and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, " I think it's wonderful that, after all these years, you still call your wife those loving pet names." The old friend hung his head. " I have to tell you the truth," he said.
- "I forgot her name about 10 years ago."



Best aerobic exercise

- Laughter can be compared to any aerobic exercise except you don't have to wear fancy shoes or clothes and sweat out on the jogging tracks
- Laughter stimulates heart and blood circulation equivalent to other standard aerobic exercise
- According to Dr. William Fry from Stanford University, one minute of laughter is equal to 10 minutes on the rowing machine.

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- According to Dr. William Fry from Stanford University, one minute of laughter is equal to 10 minutes on the rowing machine.
- The one benefit almost everyone derives from laughter is a sense of well-being. After 15 minutes of laughter in the morning, they feel fresh throughout the day. There is no medicine like laughter, which gives you such an instant result.
- The reason for the sense of well being is that you inhale more oxygen while laughing.



Internal jogging

- There are plenty of exercises available for your body muscles, but laughing provides a good massage to all internal organs
- It enhances their blood supply and increases their efficiency
- Laughter has been compared to magic fingers, which reach into the interior of the abdomen and massage your organs. The best massage it gives is to the intestines. It improves the blood supply and helps the bowels to move properly.

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• Laughter exercise is suited for sedentary people and those who are confined to bed or wheel chairs.



Joke card # 7



Morris, an 82-year-old man, went to his doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said...

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- a "I didn't say that. I said, 'You got a heart murmur. Be careful.'"



Look younger

- People do exercise for all the muscles of the body, but there is no regular exercise designed for facial muscles, except in yoga
- Laughter is an excellent exercise for your facial muscles, toning up the muscles of the face and improving facial expressions
- When you laugh, your face becomes red due to an increase in blood supply, which nourishes the facial skin and makes it glow. It produces tears which moisten the eyes and add a sparkle to them.

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- When you laugh, your face becomes red due to an increase in blood supply, which nourishes the facial skin and makes it glow.
- Laughing people look more cheerful and attractive. By squeezing the tear glands through laughter, it moistens the eyes adding a little sparkle to them.
- Laughter exercises the abdominal muscles and helps to improve muscle tone of those with pot bellies.

 Joke card # 8

Two men were riding in a hot air balloon...



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- Two men were riding in a hot air balloon. After floating for several hours they realized that they did not recognize any of the landscape below. Feeling somewhat panicky they called down to a farmer who was working in the field far below. “Hey you! Hey down there! Do you know where we are?” The farmer looked up, cupped his hands around his mouth and shouted,
- “Your in a balloon”.



Anti-stress

- Laughter is one of the finest, most economical and easy to practice anti-stress measures
- Laughter is one of the best muscle relaxants
- A good bout of laughter also reduces the levels of stress hormones epinephrine and cortisol
- Laughter expands blood vessels and sends more blood rising to the extremities and other muscles all over the body.

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Joke card # 9

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?" ...



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- "Twelve Thirty."



Depression and anxiety

- The stress and strain of our modern life are taking a heavy toll on the human mind and body
- Mind-related disease like anxiety, depression, nervous breakdowns, and sleeplessness are on the rise
- Laughter has benefited many people who needed to rely on anti-depressant pills and tranquillizers to feel relaxed.
- With practicing regular laughter therapy they are getting better sleep and their depression has reduced.

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- Laughter has benefited many people who needed to rely on anti-depressant pills and tranquillizers to feel relaxed.
- With practicing regular laughter therapy they are getting better sleep and their depression has reduced.
- Laughter clubs are springing up all over America. All it takes to form a laughter club is a small group of people who enjoy laughing and each others company. Funny movies, stories, and games are just a few ideas for the group to use to get started. The goal is regular hard belly laughter everyday.



Joke card # 10

- What do you call a cow with no legs...?
- What do you call a nervous cow...



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- What do you call a cow with no legs...ground beef
- What do you call a nervous cow...beef jerky
- Why are frogs happy...they get to eat what bugs them



Interpersonal relationships

- Laughter brings people together and improves interpersonal relationships



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- With the passage of time you will observe a transformation in your personality.
- You develop a more positive attitude towards life. Minor setbacks or irritants in everyday life no longer cause a serious disturbance, and you learn to deal with them much more effectively



Joke card # 11

A man goes into a bar with his dog...



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- A man goes into a bar with his dog. He goes up to the bartender and asks for a drink. The bartender says, “You can’t bring that dog in here.” Without missing a beat the man says, “This is my seeing-eye-dog.” The bartender felt so bad and told the guy his drink was on the house and that he and his dog could sit anywhere they choose. The man chose a seat near the door.
- Soon another man walked into the bar with his dog, a small Chihuahua. The first man saw him and said, “Hey buddy, you can’t bring that dog in here unless you tell the bartender he is a seeing-eye-dog.” The second guy said, “Thanks”, and proceeded up to the bar and asked for a drink. The bartender said, “Hey you can’t bring that dog in here.” The man said, “He is my seeing-eye-dog.” The bartender said, “No, I don’t think so. They do not have Chihuahuas as seeing eye dogs.”
- The man paused for a half a second and replied...
- “WHAT!?!?! They gave me a Chihuahua?!?”



Summary of laughter benefits

Physical health benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

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Joke card #12

- What are unhappy cranberries called...?
- Why did the cranberry turn red...?



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- What are unhappy cranberries called...? Blueberries
- Why did the cranberry turn red...? It saw the turkey dressing
- What would you get if you crossed a termite with a praying mantis...? An insect that says grace before eating your house



Joke card # 13

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 280. Please be careful!"...



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- "It's not just one car," said Herman. "It's hundreds of them!"



A smile

- A smile costs nothing, but gives so much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever
- None is so rich or mighty that he can get along without it, and none is so poor that he couldn't be made richer by it
- A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship

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A smile (cont.)

- It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble
- Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away
- Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give

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Resources

- Web-MD, Benefits of Laughter
- Dr. William Fry, Stanford University
- Google online, Animal Jokes
- Laughter is the Best Medicine; The Health Benefits of Humor and Laughter; Authors: Melinda Smith, M.A., Gina Kemp, M.A., and Jeanne Segal, Ph.D. Last updated: February 2012. ©Helpguide.org. All rights reserved. This reprint is for information only and NOT a substitute for professional diagnosis and treatment. Visit www.helpguide.org for more information and related articles
- Various happy people who graciously shared their favorite jokes
- Unknown author of the poem, A Smile

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Thank you

BAYADA Home Health Care wishes you many
happy, healthy years.

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Thank you for attending our program today.

Questions?