



**LFS**  
**COLORADO SPIRIT**  
Wellness Program

Presentation for The Forum  
Denver, CO | April 7, 2021



# Humor and Health: Rediscovering Your Funny Bone

## Using Humor As A Coping Skill



# About the LFS Colorado Spirit Wellness Program

A short-term program that provides community members with resources and skills to support their emotional well-being in response to COVID-19.

Reach out to our team for **free** and **confidential** support through listening sessions and connection to resources.



# Content Warning

The mental and emotional well-being of our community is our top priority. It is why we are having this important discussion today. We want you to be aware that we'll be discussing issues related to mental health the challenges associated with COVID-19. Hearing these issues affect people differently, and we ask that you prioritize your well-being and take this into consideration in your decision to join us today.

We will be sharing several mental health resources today, including these 24-hour crisis hotline numbers if you need immediate support:

**Colorado: 1-844-493-TALK (8255)**



All of these memes are **SILLY** and linked us all together





# Goals



1. Processing your emotions
2. Learn how humor and laughter can be used as effective tools for self-compassion
3. Understand the scientific evidence supporting humor and laughter for improving mental and emotional wellbeing
4. Share tools for utilizing humor as self-care

# Expected and Unexpected Emotions



Anger



Sadness



Grief



Happiness



Joy



Relief



# Self Compassion



**Mindfulness**



**Self-Kindness**



**Common Humanity**



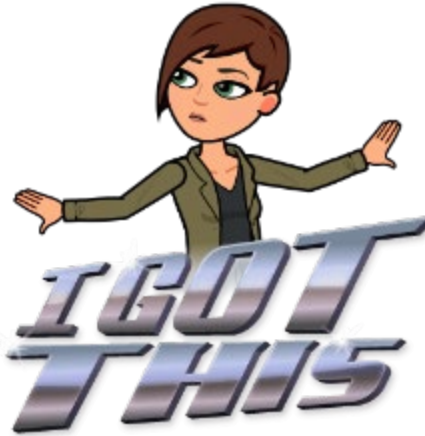
# Check-in with Yourself: How Are You Feeling Today?

AIR HUGS!



1

I am thriving and ready to help others thrive too!



2

I am feeling good and getting what I need



3



I look fine on the outside, but I'm feeling turbulent

4

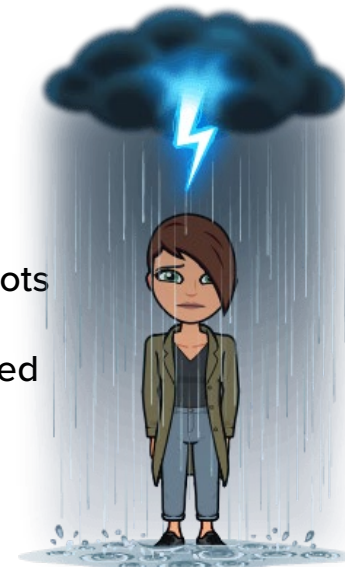


I could use some extra care and support



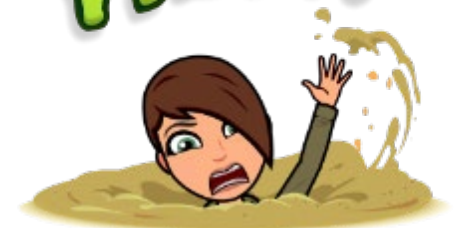
5

I'm struggling with lots of problems and feeling overwhelmed



6

HELP!



I'm burnt out!



Current research indicates that  
laughter has quantifiable positive  
physiologic benefits

 **as a therapeutic tool**

 **in the pandemic**

 **as a coping mechanism**

 **healing** for caregivers



How do you use humor to cope with the challenges?

Great comedy comes from something truthful. Characters can be outrageous, but they also have to be rooted in real human emotion. That's the connective tissue.

*Dan Levy*  
Schitt's Creek





How did laughter bring you together over the past year?



If airplane safety videos  
have taught me  
anything, David, it's that  
a mother puts her own  
mask on first.

*Moira Rose*  
Schitt's Creek





# Humor and Laughter Tools for Self Care





How do you find laughter in  
movement?





# Healing



Validate feelings



Seek support



Play it forward



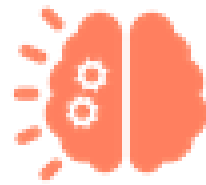
You are not alone!



# Building Your Toolbox



What do I need?



What works best  
for me?



Incorporating  
elements you like!

# Check-in with Yourself: How Are You Feeling Now?

**AIR HUGS!**



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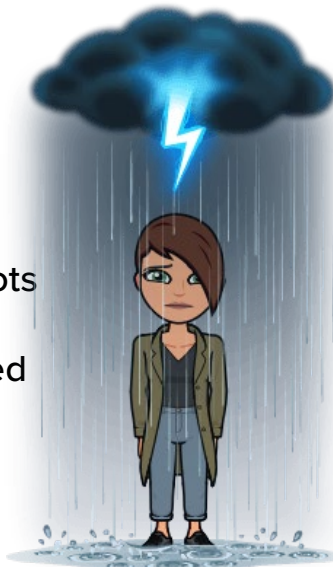


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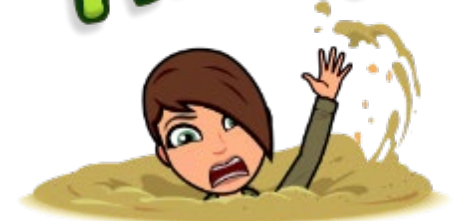
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I'm struggling with lots of problems and feeling overwhelmed



6

**HELP!**



I'm burnt out!

# 24-Hour Colorado Crisis Support Line

Free, confidential, professional and immediate support for any mental health, substance abuse or emotional crisis



If you are in crisis and need immediate help, please call 911 or the Colorado Crisis Hotline at 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.

# Credits

## **Patch Adams**

<https://images.app.goo.gl/M5vkSe8fx5txqGtx8>

## **TEDx: Finding the Funny COVID19 Edition (Rory Gardiner)**

<https://www.youtube.com/watch?v=BOs5COiYcXo>

## **Schitts Creek**

[75 Funny Schitt's Creek Quotes to Live By | Reader's Digest Canada](#)

## **Why we should take laughter more seriously (Sophie Scott)**

[https://www.ted.com/talks/sophie\\_scott\\_why\\_we\\_should\\_take\\_laughter\\_more\\_seriously?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/sophie_scott_why_we_should_take_laughter_more_seriously?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Laughter Yoga The 4 Steps of Laughter Yoga Exercise (Liliana DeLeo)**

Source: <https://youtu.be/4p4dZ0afivk>

## **Humor, Seriously: Humor Typology Quiz**

<https://quiz.humorseriously.com/>



Thank You for Your  
Presence & Participation!  
**Questions?**



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Of Lutheran Family Services Rocky Mountains