

Laugh for the Health of It: The Value of Humor in Healthcare
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1. Wipe that smile back on your face: overcoming the prejudice against humor and play.
2. The Incongruity Theory: Humor is enjoying something that violates our mental patterns and expectations.
3. Humor requires mental distance, and promotes objectivity.
4. Physiological effects of laughter
 - Muscles
 - Heart and lungs
 - Relaxation response
 - Pain reduction
 - Immune system
5. Humor is the opposite of stress.
 - Stress is a "fight or flight" response, involving fear and/or anger.
 - In stress we see things up close from a "Here/Now/Me" perspective.
 - In humor see things from a distance, and see ourselves as others might see us.
 - The physiological opposition between humor and stress.
 - The psychological opposition between humor and stress.
 - Simple humorous techniques to reduce stress.
6. Humor fosters mental flexibility.
 - Getting out of mental ruts
 - Seeing situations from multiple perspectives
 - Having a positive attitude toward change, risks, and mistakes
 - Solving problems creatively
7. Humor serves as a social lubricant.
 - Creating rapport and good morale
 - Persuading
 - Criticizing
 - Defusing conflicts
 - Women's humor and men's humor
 - Humor with colleagues, with patients, and with patients' families

BOOKS ON HUMOR AND CREATIVE THINKING

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