

Humor: Not Just a Laughing Matter

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Learning Objectives for Class 3: at the end of this session, the learner will be able to:

- Describe 3 positive physiological benefits of humor on the human body.
- Discuss the role of laughter and humor in reducing stress.
- Discuss how humor can reduce symptoms of anxiety or depression.

Content Outline: Class 3

- Measuring the impact of humor and laughter on the human body
 - Role of early researchers
- Physiological benefits of laughter
 - Gelotology, the study of laughter
 - Psychoneuroimmunology (PNI): Body-Mind-Emotion Tapestry
 - Impact of stress
 - Role of laughter on immunoenhancement
 - Benefit difference between spontaneous & self-induced laughter
 - Laughter for improved heart health
 - The role of the endothelium
 - Impact on heart rate & blood pressure
 - Benefits for the pulmonary system
 - Laughter as aerobic exercise
 - Laughter on the Brain
 - Improved healthy skin
 - Impact on people with diabetes
 - Improved pain tolerance
- Psychological benefits of laughter
 - How do you use humor?
 - Humor styles as protectors against anxiety and depression
 - Depression
 - Anxiety

References for Class 3

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