

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.

Assignment for Class 3: Please read the following articles and be prepared to discuss your thoughts about how laughter may improve your overall wellbeing.

- <https://www.helpguide.org/mental-health/wellbeing/laughter-is-the-best-medicine>
- <https://journals.sagepub.com/doi/10.1177/19367244231195059?int.sj-full-text.similar-articles.3> Gonot-Schoupinsky, F. N., Neal, M., & Carson, J. (2023). Is Laughter Really the Best Medicine? Reflecting on a Mental Health Initiative Using Pragmatic Collaborative Autoethnography. Journal of Applied Social Science, 18(1), 19-31.

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

Assignment for Class 4: Please read the following article and be ready to discuss your perspective in how humor differs between the genders.

- Greengross G, Silvia P J, Emily C. Nusbaum EC (2020). Sex differences in humor production ability: A meta-analysis, *Journal of Research in Personality*, 84, 103886, ISSN 0092-6566, <https://doi.org/10.1016/j.jrp.2019.103886>

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- Gonot-Schoupinsky FN, Garip G, Sheffield D.(2020). Laughter and humour for personal development: A systematic scoping review of the evidence, *European Journal of Integrative Medicine*, Volume 37, 2020, 101144, ISSN 1876-3820, <https://doi.org/10.1016/j.eujim.2020.101144>.
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- Nahid Z, & Alipoor A. (2022) The effect of happiness and humor on improving immune system function: A narrative review study. *International Journal of Health Sciences*, 5798-5810.
<https://sciencesscholar.us/journal/index/ijhs/article/view/13394>
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<https://doi.org/10.1152/advan.00030.2017>
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