



The Humor Tonic
Take as Directed For Instant Relief

Have you been exhausted, worried, or just plain stressed lately? Do you sometimes wonder how you are going to cope with balancing life at home and at work? This is your lucky day! Step right up for a sure-fire remedy guaranteed to increase your energy and vitality. You will be amazed at this research-based *Humor Tonic* treatment. In this workshop you will learn about the therapeutic applications of the *Humor Tonic*, which can be applied, to both your role as an educator and to your personal life.

This 90-minute session will offer the most current information and practical applications in the use of humor and laughter across a broad range of professional and work environments. The psychology and physiology of this natural remedy will be examined along with humor as an effective intervention for learning. Side effects may include incontinence, bellyaches and exhaustion from constant laughter. Warning: This tonic is highly contagious. If your laughter lasts for longer than 4 hours, share it with your health care provider. Do not miss this opportunity to see if humor and laughter are right for you!

Competencies/ Objectives

- Participants will review the research-based benefits of laughter and humor.
- Participants will examine the benefits of humor as a therapeutic intervention for optimal wellness.
- Participants will review inappropriate humor and the role it plays in relationships.
- Participants will explore strategies to incorporate humor as part of the cultural health of the work environment.
- Participants will explore the possible impact of stress on employee wellness.
- Participants will identify several ways to cope with stress.
- Participants will learn about the use of play in the treatment of mental illness including depression and stress disorders.

Mary Kay Morrison is the director of Humor Quest <http://www.questforhumor.com/> and has spent over 25 years teaching and promoting the benefits of healthy humor. She is author of numerous articles and books including: "Using Humor to Maximize Living" which is the text for many university humor studies classes. She is past-president of AATH (The Association for Applied and Therapeutic Humor) and a faculty member of the AATH Humor Academy graduate program in humor studies. She was awarded the 2016 AATH Lifetime Achievement Award. <http://www.aath.org/>

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