

# Top 11 Tips for Staying Up in a Down Economy

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Here is what you have been waiting for! The top 10 tips to help you lighten up and rise above the current economic turmoil and stress that have impacted the New Year!

1. Adjust Your Altitude - Soar with the eagles, even if you feel like a buzzard!
  2. Make Someone Else Happy - Send unexpected 'thank you' or greeting cards to a mix of people. Start with those who aren't expecting it but deserve it. Then, send a couple to people who aren't expecting and don't deserve it. Then, pick a couple names at random out of the phone book that certainly aren't expecting it and have no idea who you are! Put appreciation notes in other teacher's mailboxes.
  3. Signs of the Times - Have some mirthful signs or sayings handy. You can put these on the bulletin boards or on your web sites. For example:
    - ☺ Did you know that research causes cancer in rats?
    - ☺ If ignorance is bliss, Congress must be paradise.
    - ☺ If at first you don't succeed, skydiving is not for you!
    - ☺ Energizer bunny arrested; charged with battery.
    - ☺ Worry is like a rocking chair, it gives you something to do, but doesn't get you anywhere!
  4. Make it your highest priority to get other people to smile. Before a parent gets a chance to speak, say "Thank you so much for sharing your wonderful child with us!" Smile broadly and say "Great Day" to everyone you meet. Have some silly words or phrases that you use to get others to smile.....supercalifragilisticexpialidocious , Dum, Ditty, Dum, Ditty, Dum, Dum, Dum; My dog can lick anyone!
  5. Chew on It! Put a pack of bubble gum in your coat pocket and, at the staff meeting, offer some to everyone! Engage in a bubble blowing competition.
  6. Pop Go Your Worries – Save your bubble wrap! It's a great stress reliever. Pop it with your fingers, knees and toes! Dance on it! Pop it with the help of students! Pop it, in unison, to the beat of music!
  7. Use Your Imagination - Think of what would happen if certain companies merged. For example: Fairchild Semiconductor and Honeywell Corporation would become Fairwell Honeychild. Grey Poupon and Docker Pants would become Poupon Pants. If FedEx joined UPS, they might become FedUP.
  8. Rename to Keep Sane - Cash Flow: The movement your money makes as it disappears down the toilet. Broker: What I am today, after taking the advice of my financial planner. P/E Ratio: The percentage of investors wetting their pants as the market keeps crashing.
  9. Exaggerate – Comedians overstate things to get a laugh. You can too!
    - ⊗ Our school is so broke that we are using recycled coloring books.
    - ⊗ Our school is so broke that when the copy machine is working, there are no teachers in class. they are practicing taking turns.
    - ⊗ Our school is so broke that the empty toilet paper rolls are quickly snatched up to be used as horns in band class.
  10. Practice one liners to use whenever you meet grumpy people in other words, humordoomers!
    - ☺ I resemble that statement.
    - ☺ What would Scooby Do?
    - ☺ Pain is inevitable but suffering is optional.
    - ☺ There is no time like the pleasant.
    - ☺ Never take life too seriously, you won't get out alive.
    - ☺ Life is wonderful, without it you are dead!
  11. Have a riddle day. Tell a riddle over the loud speaker in the morning. Have the students guess the answers by putting them in a box in the hall. Winners are eligible for a prize. A drawing can be held if there are multiple winners. Students can research riddles and submit the entries. If chosen they can read their riddle.
- For links to the research supporting the use of humor in learning, please go to Mary Kay's web site <http://www.questforhumor.com/>. Mary Kay is past-president of AATH (Association for Applied and Therapeutic Humor) <http://www.aath.org/> and is the 2016 **AATH Lifetime Achievement Award Recipient**. She is the founder of the AATH Humor Academy Certified Humor Professional (CHP) Program. Invitations to present to your group are welcomed with enthusiasm! You can find her on twitter [@marykaymorrison](https://twitter.com/marykaymorrison)*