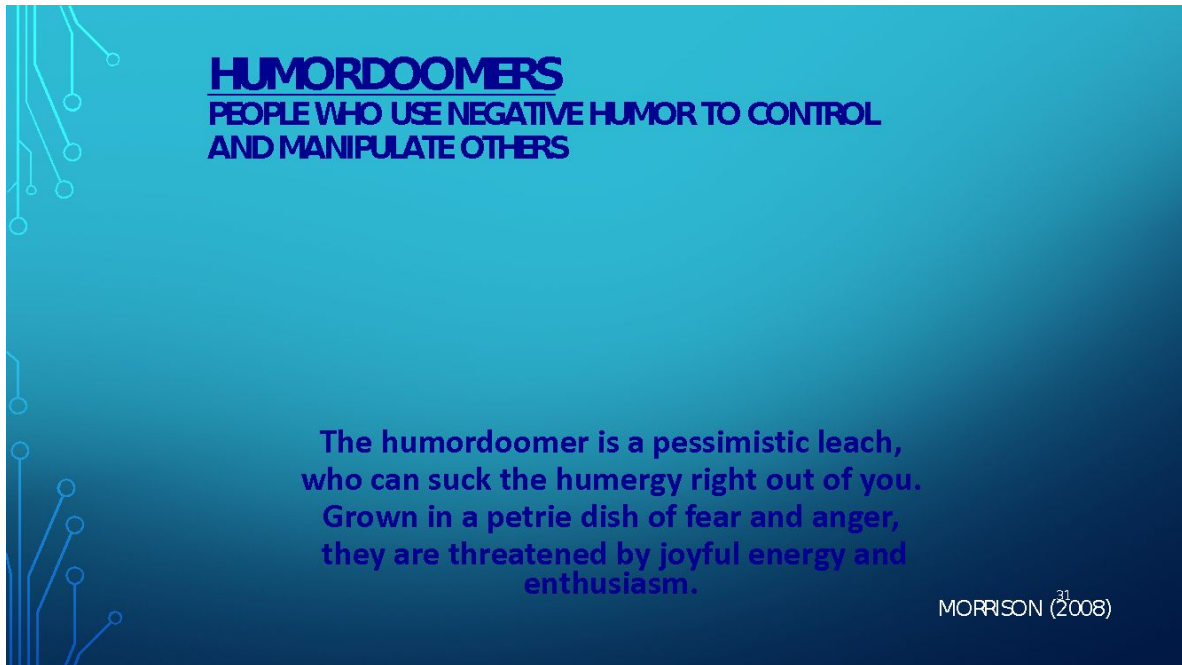


## **HUMORDOOMER COPING SKILLS**

**By Mary Kay Morrison**

*Ideas Gathered from Previous workshops*



- **Kill them with kindness.**
- **Ask them what makes them happy.**
- **Use music to create a positive atmosphere.**
- **Give compliments.**
- **Pick your battles.**
- **Laugh it off and use humor.**
- **Share encouragement and listen.**
- **Tell a silly story to get them to laugh.**
- **Do not judge them.**
- **Ignore negative comments.**
- **Do not let them impact your mood.**
- **As a last resort—avoid them.**

*Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past-president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: *Legacy of Laughter*.*