



**Got Stress? Get Humor!**  
**The Healing Power of Laughter for Depression and Anxiety**

Mary Kay Morrison

Description

There are numerous research-based benefits for those who incorporate humor into both their personal and professional lives. [Mayo Clinic](#) actually has laughter listed as a treatment for stress. An environment that is energized with laughter will reduce stress and increase productivity. Putting humor into your life is both an art and a skill. Learn about the research driven benefits of humor including the way it fosters trust, builds relationships, relieves stress and contributes to long-term memory.

Laughter 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 be able to describe the impact of stress on the brains of adults.
- Participants will be able to define the ways that we cope with stress.
- Participants will be able to identify the benefits of humor therapy for depression and stress disorders.
- Participants will be able to compare the differences between the research-based benefits of laughter and humor.
- Participants will be able to identify the benefits of humor as we age.
- Participants will be able to explain inappropriate humor and how it impacts relationships.
- Participants will be able to identify strategies to use in the workplace in order to incorporate humor as part of the cultural health of the organization.

*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*.*