



The Humor Tonic Take as Directed For Instant Relief

Mary Kay Morrison: Humor Quest

Have you been exhausted, worried, or just plain tired lately? 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 presentation, you will learn more about the therapeutic applications of the “*Humor Tonic*” which can be applied to both your personal and professional life. The psychology and physiology of this natural remedy will be examined along with effective interventions for mental and physical health.

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 be able to compare the differences between the research-based benefits of laughter, happiness and humor.
- Participants will explore the value of play as it relates to mental illness.
- Participants will be able to identify the benefits of humor as a therapeutic intervention.
- Participants will be able to explain inappropriate humor and the role it plays in relationships.
- Participants will be able to identify strategies to use in the workplace to incorporate humor as an integral part of the culture of the organization.
- Participants will be able to describe the possible impact of stress on the brain.
- Participants will be able to define several ways to cope with stress.

*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*.*