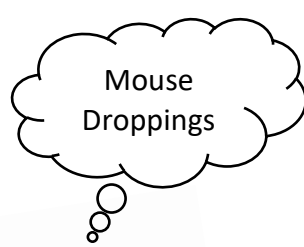


## References: The Science Behind Humor

Mary Kay Morrison



### Resources are found in my books:

- Using Humor to Maximize Learning. <https://t2m.io/j8ncDwat>
- Using Humor to Maximize Living. <https://t2m.io/s2VPNBIt>

### Humor Organizations:

- AATH (Association for Applied and Therapeutic Humor). <https://www.aath.org/>
- ISHS (International Society of Humor Studies). <http://www.humorstudies.org/>

### Humor for Health

- Mayo Clinic Patient Care. <https://t2m.io/t9t0TNE5>
- Humor as adjunct therapy <https://www.ncbi.nlm.nih.gov/pubmed/20664127>
- Humor, laughter, learning, and health! A brief review. <https://www.ncbi.nlm.nih.gov/pubmed/28679569>
- Humor in medicine: Can laughter help in healing? <https://www.ncbi.nlm.nih.gov/pubmed/28670094>
- Modulation of neuroimmune parameters during the eustress of humor-associated mirthful laughter. <https://www.ncbi.nlm.nih.gov/pubmed/11253418>
- Humor and Laughter May Influence Health IV. Humor and Immune Function. <https://www.ncbi.nlm.nih.gov/pubmed/18955287>
- Humor, laughter, learning, and health! A brief review. <https://www.ncbi.nlm.nih.gov/pubmed/28679569>

### Humor and Stress

- Humor decreases levels of toxic cortisol and inflammation in the brain and body. <https://www.stress.org/why-seeing-funny-will-shift-your-stress/>
- Neuroendocrine and stress hormone changes during mirthful laughter. <https://www.ncbi.nlm.nih.gov/pubmed/2556917>
- The effect of mirthful laughter on stress and natural killer cell activity. <https://www.ncbi.nlm.nih.gov/pubmed/12652882>
- Effects of a Humor Therapy Program on Stress Levels in Pediatric Inpatients. <https://www.ncbi.nlm.nih.gov/pubmed/27908974>

### General Humor

- Laughter influences the perception of how funny a joke is (humor processing) <https://www.ncbi.nlm.nih.gov/pubmed/31336080>
- Positive humor can be protective with chronic fatigue and work stress in teachers ( Humor fatigue stress) <https://www.ncbi.nlm.nih.gov/pubmed/31178592>

*Ideas for improving your humor practice can be found in Mary Kay's book, **Using Humor to Maximize Living**. 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. She welcomes invitations to present at conferences and workshops. You can find her on Linked In and on twitter [@marykaymorrison](https://twitter.com/marykaymorrison)*