



Survival Humor For Health Care Providers

Mary Kay Morrison

Workshop Description

Health care professionals are quick to recognize the benefits of survival humor in the workplace. This session explores research-based benefits of laughter for health-care providers who incorporate it into their daily routine. A philosophy of positivity and humor contributes to a healthy environment for staff, caregivers and clients. Humor fosters trust, builds relationships, reduces stress and facilitates learning. Join us for an energetic and fun-filled session that includes collaborative strategies and practical applications.

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 explore the research-based benefits of laughter and humor as it relates to health care of staff, caregivers and clients.
- Participants will be able to discuss humordoomer and humorphobia behaviors.
- Participants will be able to explain inappropriate humor and the role it plays in relationships.
- Participants will be able to identify numerous strategies that can be used to incorporate humor as part of the cultural health of the organization.
- Participants will be able to describe the possible impact of stress on the brain.
- Participants will be able to define the two different ways that we cope with stress and the applications for caregivers and their patients.

*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*.*