

**FIGHT FLIGHT FREEZE LAUGH:  
USING HUMOR TO COMBAT  
VICARIOUS TRAUMA  
(AND ALSO HANDLE STRESS...  
AND HAVE FUN!)  
NCH PEDIATRIC GRAND ROUNDS**

**KELLI DUNHAM, RN, BSN  
PSMYLAW**

**\*PSMYLAW  
PERSON SUPPOSED  
TO MAKE YOU LAUGH AT  
WORK**

**(COURTESY WES GARIS,  
AKA MY NEPHEW)**

# HOUSEKEEPING...



**YOU'RE THE EXPERT  
ON YOUR OWN  
PRACTICE**

**I LIKE TO BE TOLD...**



**-MY STORY**

**-YOUR STORY**

**-WHAT HUMOR IS NOT**

- BACKSTAGE HUMOR  
(POSITIVE VS NEGATIVE)**
- BENEFITS OF HUMOR**
- HUMOR WITH PATIENTS**
- INTENTIONALLY ADDING  
HUMOR**

**ANY TIME YOU SEE RED**

**IT'S YOUR TURN**

**(PARTICIPATION**

**OPTIONAL)**

**WELL.**

**I MEAN. WHAT'S  
THE WORST THING  
THAT COULD  
HAPPEN?**



**WELL.  
I MEAN. WHAT'S  
THE WORST THING  
THAT COULD  
HAPPEN?**

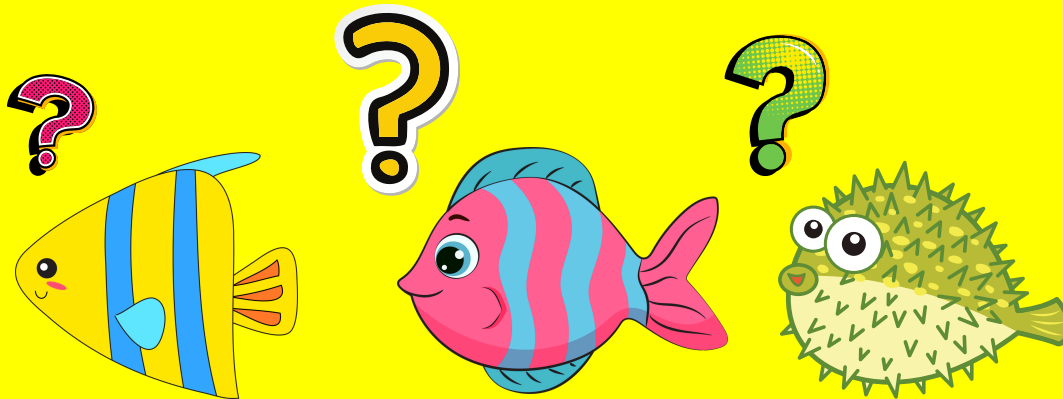
**WHY DID YOU SAY THAT??!!!!!!  
THE WORST IS REALLY  
TERRIBLE!!!  
IT'S REALLY BAD!!**

# ASKING HEALTHCARE PROVIDERS

**DID YOU KNOW  
HUMOR IS A  
FREQUENTLY USED  
COPING MECHANISM**

**IS LIKE ASKING FISH**

**HEY, HAVE YOU HEARD OF THIS THING CALLED WATER?**



**YOU`RE ALREADY USING HUMOR TO  
DEAL WITH WORK TRAUMA.**

**WOULDN'T IT BE NICE TO  
GIVE YOURSELF  
PERMISSION?**

**UNFORTUNATELY**

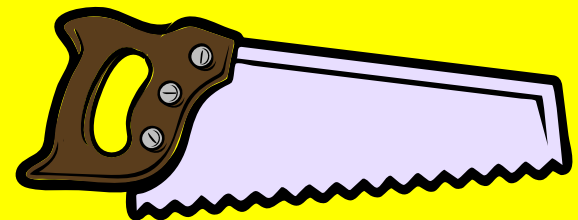
# **WE DIDN'T LEARN ABOUT USING HUMOR IN SCHOOL**

**SYLLABUS**  
**LESSON 1: WHAT  
IS A JOKE**  
**LESSON 2:  
INTRO TO KNOCK  
KNOCK JOKES**

## **OBJECTIVE #2**

**DIFFERENTIATE BETWEEN CONSTRUCTIVE AND DESTRUCTIVE USES OF HUMOR IN HEALTHCARE SETTINGS, RECOGNIZING APPROPRIATE CONTEXTS AND POTENTIAL RISKS ASSOCIATED WITH USING HUMOR IN PATIENT CARE AND TEAM INTERACTIONS.**

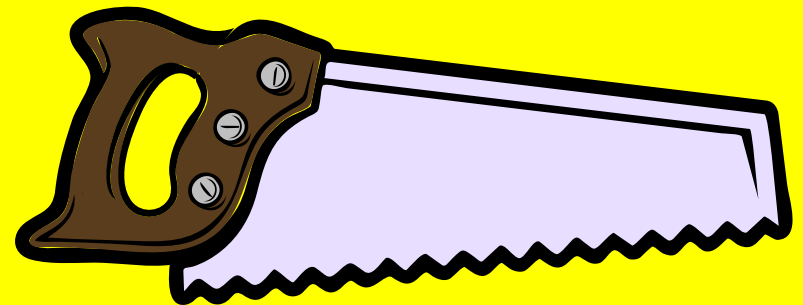
**IN OTHER WORDS...  
LEARN ABOUT THE  
TOOL**



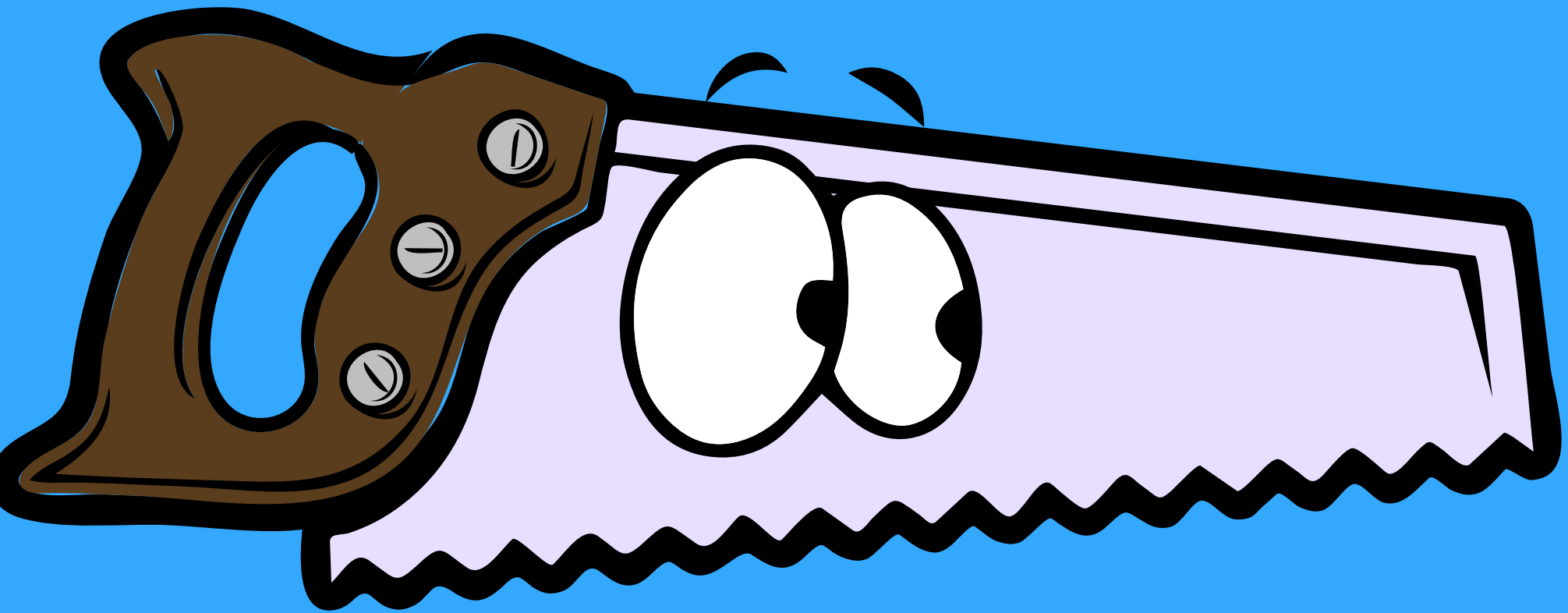
# **OBJECTIVE #1**

**APPLY EVIDENCE-BASED HUMOR-BASED RESILIENCE-BUILDING EXERCISES AND TECHNIQUES TO DECREASE STRESS, ENHANCE COPING STRATEGIES, AND PROMOTE A SMOOTHER TRANSITION BETWEEN WORK AND HOME ENVIRONMENTS FOR IMPROVED OVERALL WELL-BEING.**

**HOW CAN I USE THIS TOOL BETTER AND MORE INTENTIONALLY?**



# MY STORY WITH THIS TOOL



# MARLO THOMAS AND FRIENDS

ALAN ALDA • HARRY BELAFONTE • MEL BROOKS • JACK CASSEY  
DICK CAVETT • CAROL CHANNING • BILLY DE WOLFE • ROSLYN OBER  
SHIRLEY JONES • BOBBY MOSE • THE NEW SETTERS  
EDANA ROSS • DIANA SANDS • TOM SWADHORS

FREE TO BE...  
YOU AND ME

© 1969 MCA TELEVISION, INC. ALL RIGHTS RESERVED. MCA TELEVISION, INC. IS A DIVISION OF MCA INCORPORATED. MCA INCORPORATED IS A DIVISION OF MCA HOLDINGS, INC. MCA HOLDINGS, INC. IS A DIVISION OF MCA INCORPORATED. MCA INCORPORATED IS A DIVISION OF MCA HOLDINGS, INC. MCA HOLDINGS, INC. IS A DIVISION OF MCA INCORPORATED.




Ms.



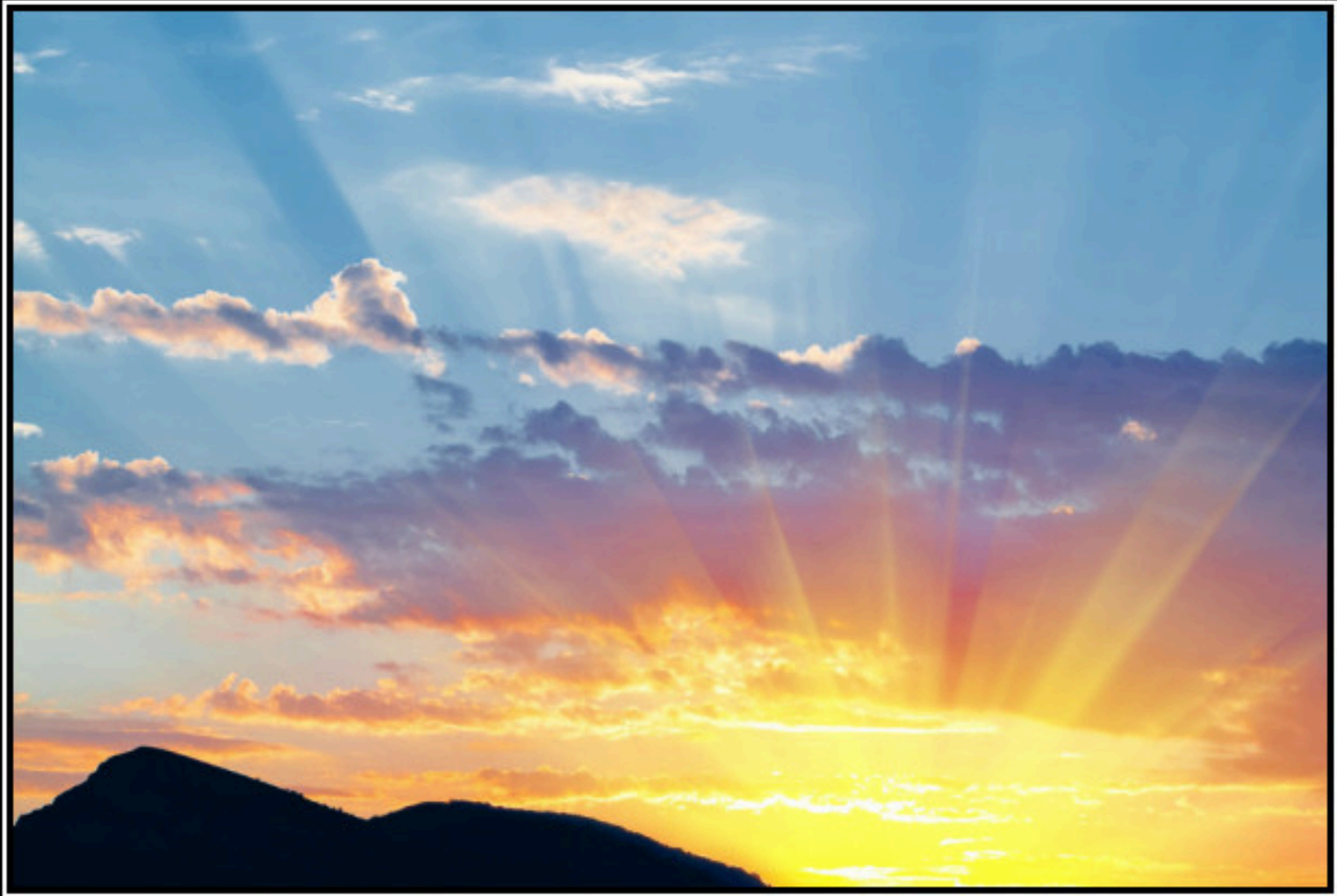








There's more to life  
than being happy  
yknow!



# HAPPINESS

There's a lot more to life than that



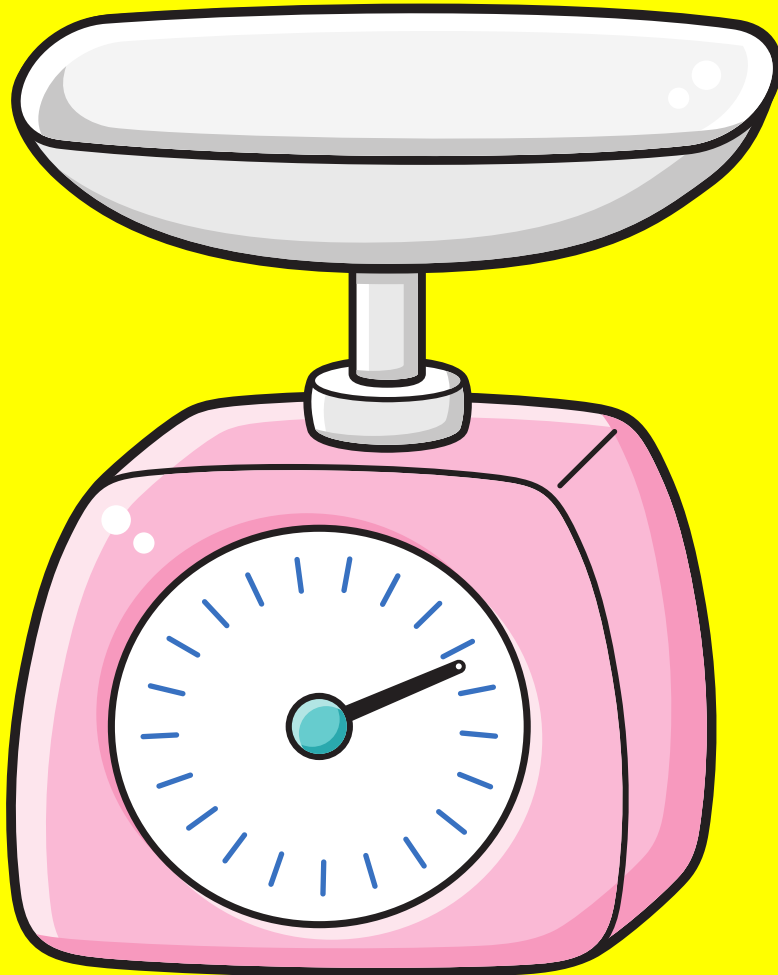
# HAPPINESS

Meh. Survival is plenty for me.

**WE CAN SURVIVE ANYTHING.  
BUT IS THERE LIFE  
BEYOND SURVIVAL?**

**YES, AND HUMOR  
CAN BE PART  
OF THE EQUATION!**

# **EARLY RN EXPERIENCE**



**BABY SCALES  
AND BACKPACKS  
DON'T ALWAYS MIX**

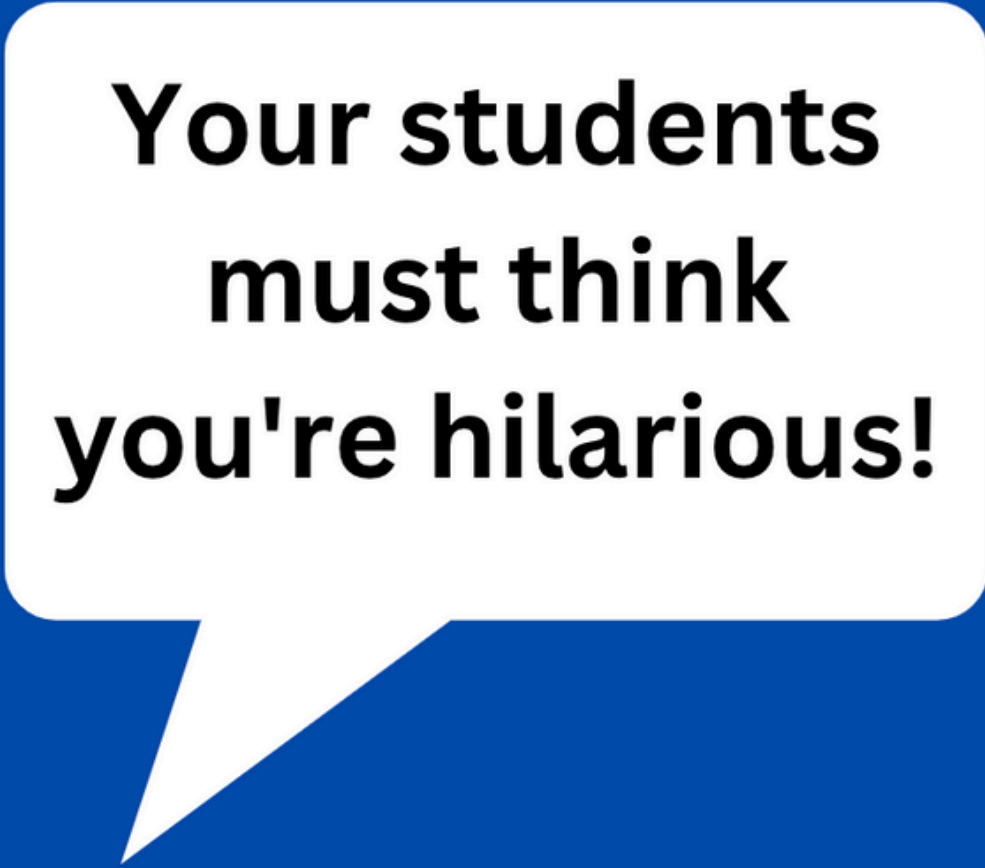


# EARLY RN EXPERIENCE



# EARLY RN EXPERIENCE





**Your students  
must think  
you're hilarious!**

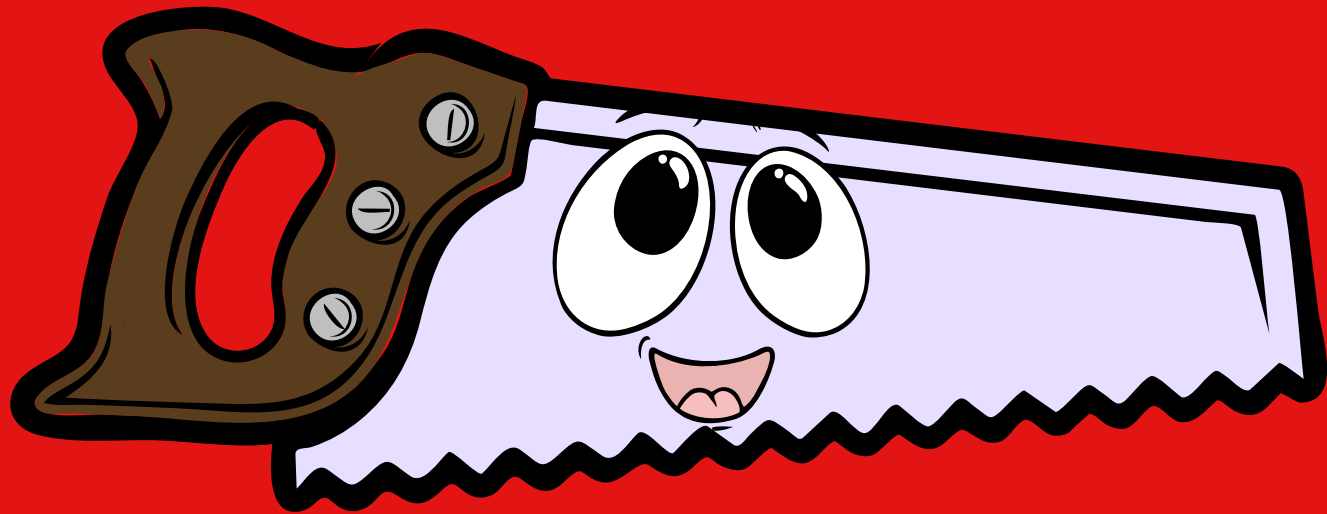






**...OKAY THAT'S EVERYTHING  
YOU NEED TO KNOW ABOUT  
BEING A MANDATED  
REPORTER...AND NOW KELLI  
DUNHAM...**

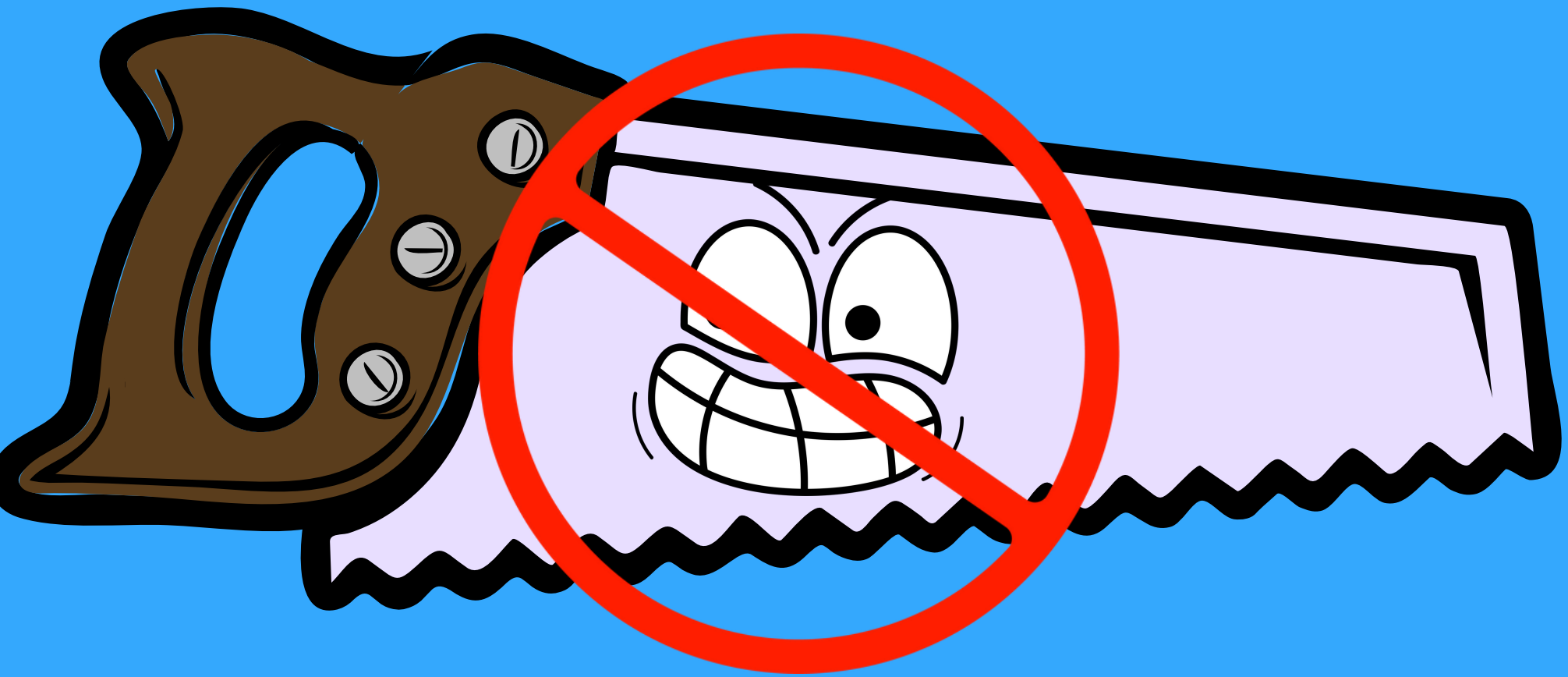
**NOW IT'S YOUR TURN**



**WHY ARE YOU INTERESTED  
IN THIS TOOL?**



**WHAT THIS TOOL IS  
NOT...**



# FORCED CHEERFULNESS/ TOXIC POSITIVITY



# FORCED CHEERFULNESS/ TOXIC POSITIVITY





**NO ONE WILL MAKE  
YOU WEAR A CLOWN  
NOSE. I PROMISE.  
AS LONG AS I'M HERE AT  
LEAST.**

**IT'S TRICKIER WITH VIRTUAL  
PRESENTATIONS  
TO PREVENT THIS**

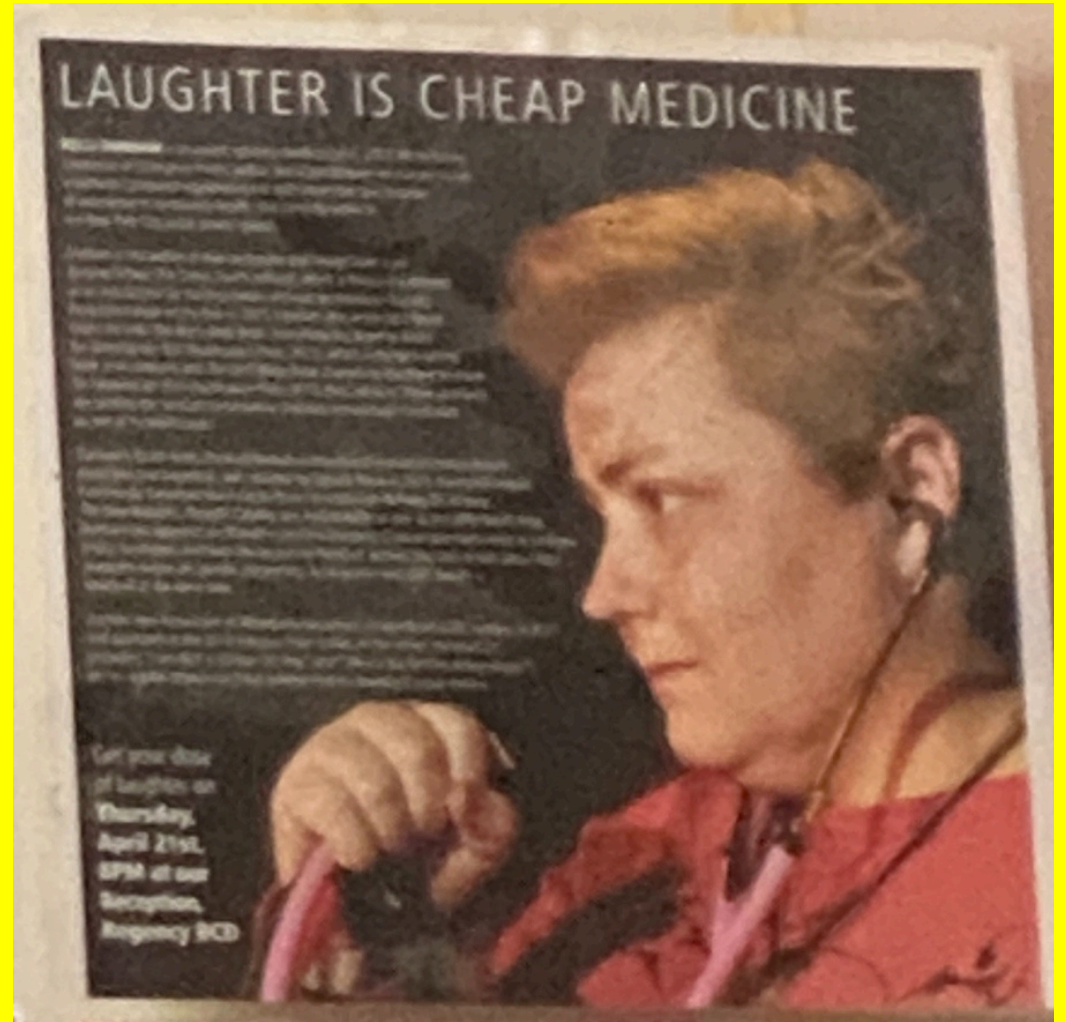
# WHAT THIS IS NOT

**AN OFF OFF BROADWAY MUSICAL  
ABOUT THE STAGES OF SKIN BREAKDOWN**

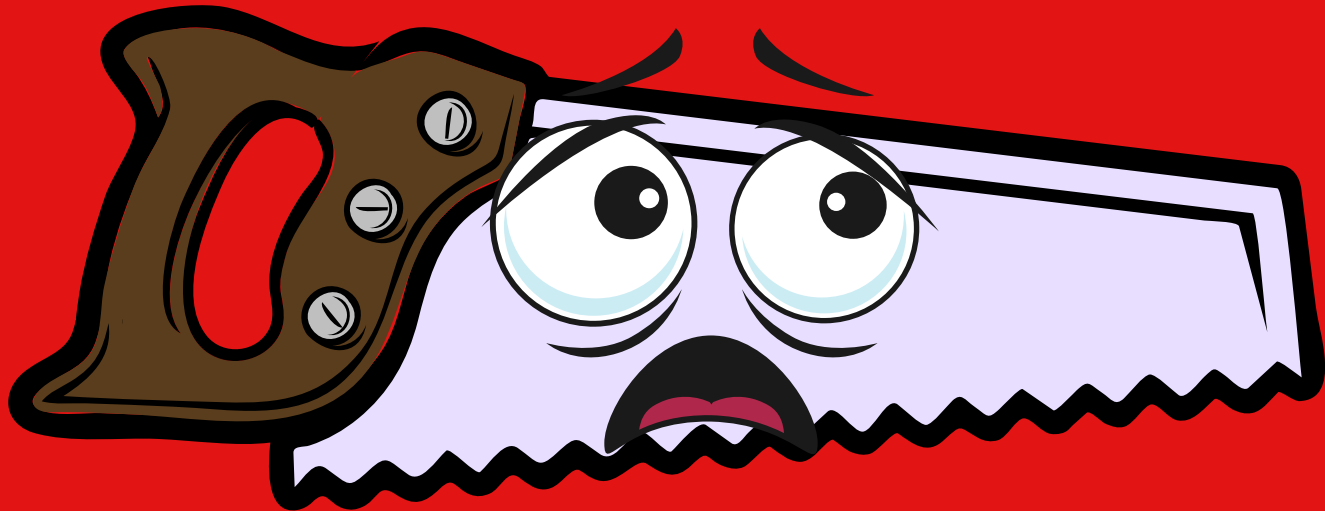


**ONE...ERYTHEMA  
WITH  
NO  
OPEN  
WOUND**

**LAUGHTER  
IS  
NOT  
THE  
BEST  
MEDICINE.**

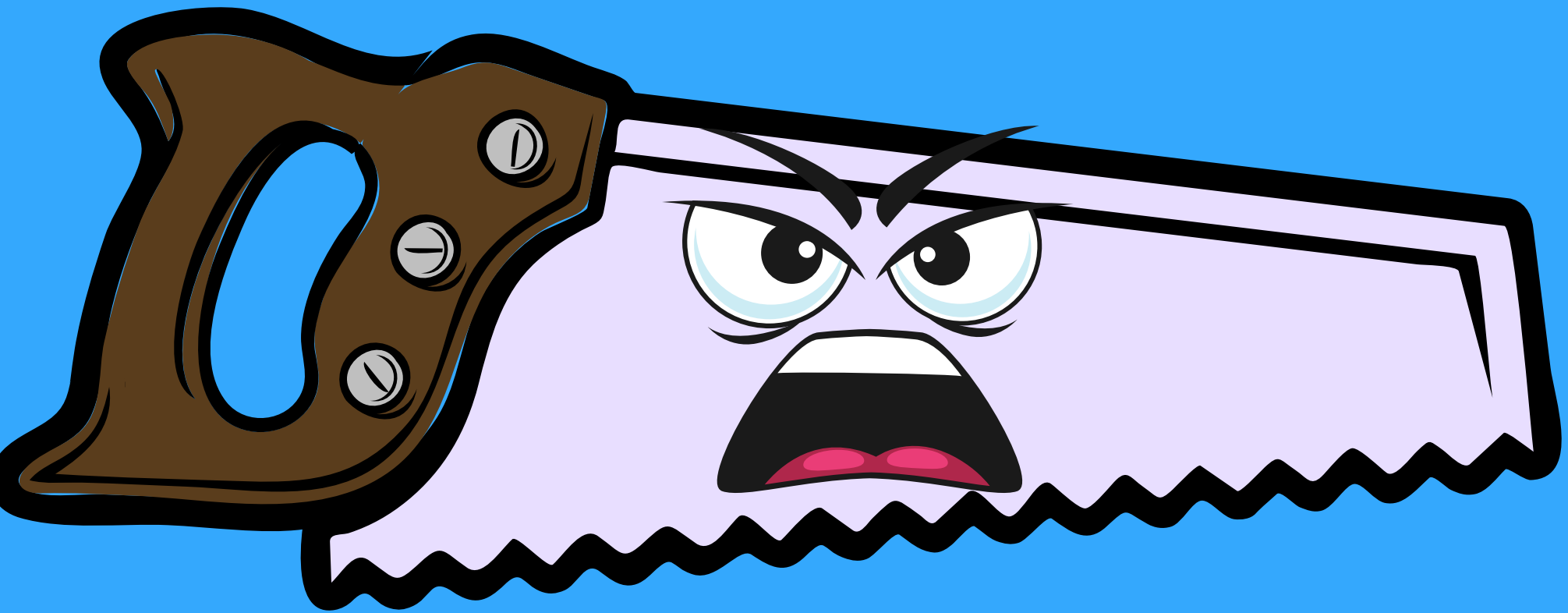


**NOW IT'S YOUR TURN**



**WHAT WORRIES, FEARS DO YOU HAVE  
ABOUT USING HUMOR AT WORK/  
IN YOUR PRACTICE**

**YES. BUT IS THIS TOOL  
DANGEROUS?**





**“**  
**UM SO WE USE**  
**SOME PRETTY**  
**DARK HUMOR**  
**AROUND HERE. -**  
**INSERT**  
**EXAMPLE- IS**  
**THAT...UM OKAY?**  
**”**

**THEY KNOW I'M NOT THE  
DIRECTOR OF THE HUMOR ETHICS  
AND EFFICACY COMMITTEE FOR  
THEIR PROFESSION.**

**BUT NO ONE ELSE  
HAS THAT TITLE EITHER.  
SO IT MAKES SENSE  
I'M THE ONE THEY ASK.**

**THERE IS NO SIMPLE ANSWER.**

**BACKSTAGE HUMOR (AKA GALLOW'S HUMOR AKA DARK HUMOR) IS HUMOR THAT ARISES IN SITUATIONS AND ABOUT SUBJECT MATTER THAT IS NORMALLY CONSIDERED QUITE SERIOUS (DEATH, DISASTER, TRAGEDY, OR JUST A TUESDAY PERHAPS FOR YOU).**

**WE'RE CALLING IT BACKSTAGE HUMOR  
BECAUSE IT'S NOT MEANT TO BE  
SHARED WITH THE OUTSIDE WORLD- NOT  
WITH OUR FAMILIES, OUR FRIENDS,  
PATIENTS, CLIENTS, AND NOT ON SOCIAL  
MEDIA.**

**DEFINITELY DEFINITELY, DEFINITELY  
NOT ON SOCIAL MEDIA**

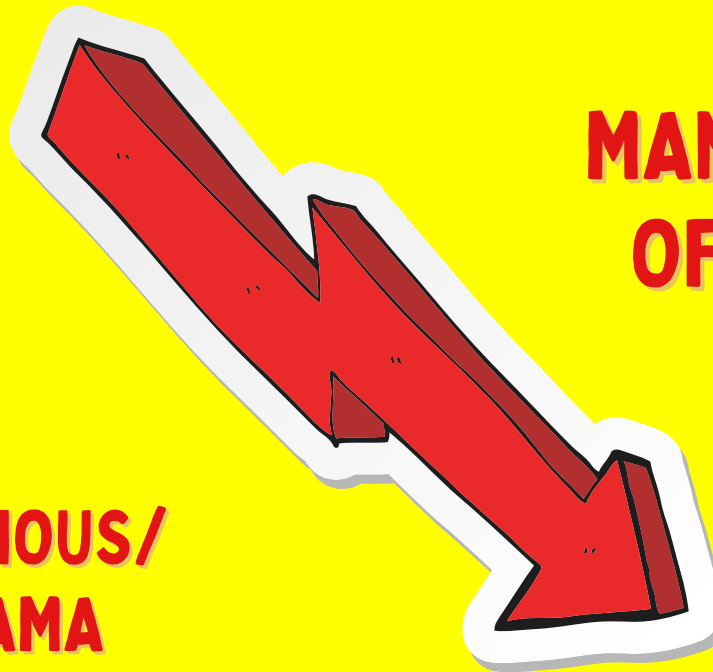
**THE RESEARCH THAT HAS BEEN DONE SO FAR INDICATES THAT BACKSTAGE HUMOR CAN BE QUITE USEFUL FOR US AS HELPING PROFESSIONALS.**

**UNDER THE RIGHT CONDITIONS, IT CAN HELP DECREASE:**

**ISOLATION**

**EXISTENTIAL CRISISES**

**SYMPTOMS OF VICARIOUS/  
SECONDHAND TRUAMA**



**PHYSICAL  
MANIFESTATIONS  
OF INCREASED  
CORTISOL**

**BUT WHAT ARE THE RIGHT CONDITIONS?**

**(BARBER 2015, BECK 97, BERK 2015, BJARNADOTTIR 2011, HAYLEY 2023)**



**NOT HERE**

# IS IT TRULY BACKSTAGE?

ARE YOU IN A SECLUDED/  
PEER GROUP ONLY SETTING?

ARE YOU SURE? LOOK AROUND AGAIN

IS THERE ANYONE WHO CAN HEAR THIS WHO MIGHT BE  
IMPACTED IN A GREATER OR DIFFERENT WAY THAN  
YOU BY THIS LEVITY? INCLUDING ANY PEERS?

IS THERE ANY CHANCE THIS COULD BE REMOVED FROM  
CONTEXT AT A LATER TIME & CAUSE PAIN FOR SOMEONE  
CLOSER TO THE SITUATION?

YOU DON'T HAVE TO BE ASHAMED/FEEL GUILTY ABOUT A  
PARTICULAR PIECE OF LEVITY TO REALIZE "I COULD SAY  
THIS BUT I'M NOT GOING TO PUT THIS IN A TEXT."

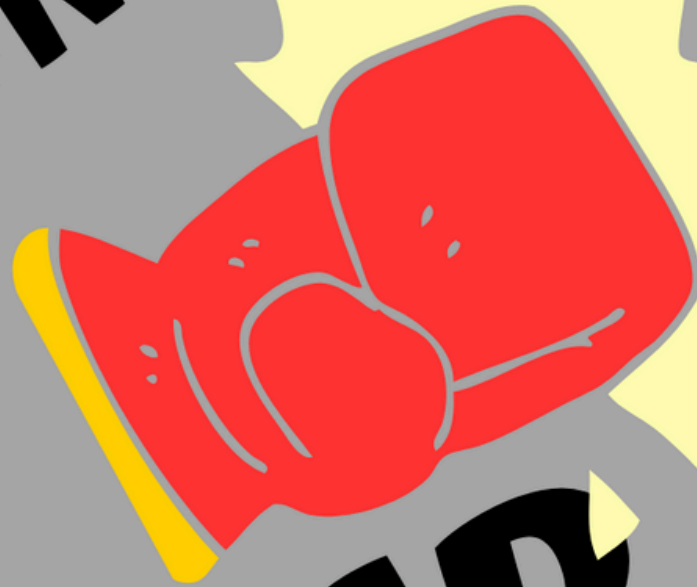
**YOU DON'T HAVE TO BE ASHAMED/FEEL GUILTY ABOUT A PARTICULAR PIECE OF LEVITY TO REALIZE "I COULD SAY THIS BUT I'M NOT GOING TO PUT THIS IN A TEXT."**



# **POSITIVE VS NEGATIVE HUMOR**

**SUBJECT MATTER IS LESS  
IMPORTANT THAN TARGET**

**PUNCHING**



**UP**

**PUNCHING**



# WHO IS THE TARGET?

IS THIS JOKE  
PUNCHING  
UP?

THAT IS, IS THE TARGET OF THIS  
JOKE SOMETHING OR SOMEONE  
WITH MORE POWER  
OR INFLUENCE  
OVER THE OUTCOME THAN YOU?



# WHO IS THE TARGET?

IS THIS JOKE  
PUNCHING  
UP?



THAT IS, IS THE TARGET OF THIS  
JOKE SOMETHING OR SOMEONE  
WITH MORE POWER  
OR INFLUENCE  
OVER THE OUTCOME THAN YOU?

**SOMETIMES WE FEEL POWERLESS. FEELING POWERLESS  
ISN'T ALWAYS THE BEST MEASURE OF POWERLESSNESS**

**BACKSTAGE HUMOR THAT TARGETS THE ENTITIES THAT HAVE THE MOST POWER IN A SITUATION PROVIDES THE POSITIVE BENEFITS (EG SOCIAL COHESION, STRESS RELIEF, EMOTIONAL BOUNDARIES) DESIRED WITHOUT SLIPPING OVER TO DESENSITIZATION AND DEMORALIZATION**



**EG IF YOU'RE DEALING WITH LUNG CANCER- TOBACCO COMPANY EXECs OR DEATH ITSELF ARE MORE APPROPRIATE TARGETS THAN AN INDIVIDUAL SMOKER.**

# **POSITIVE VS NEGATIVE HUMOR**

# **CONNECTIVE VS ALIENATING**

**(OCZKOWSKI, 2019)**

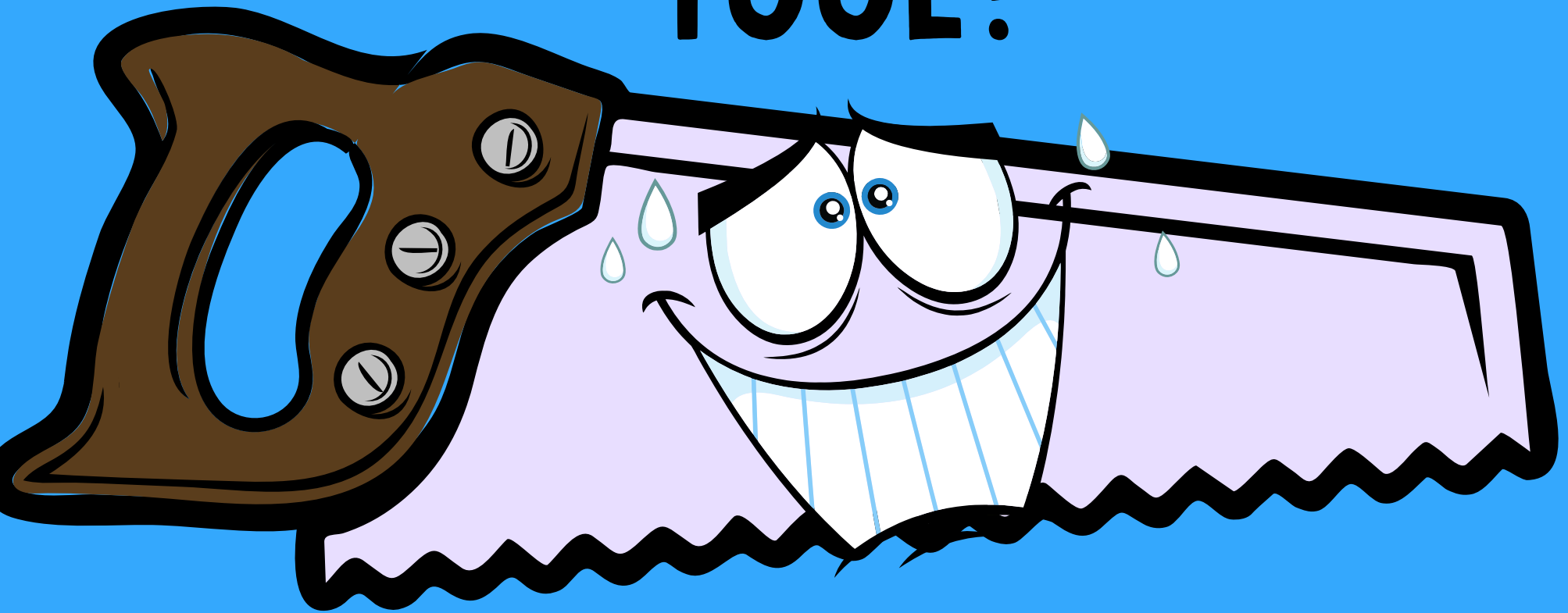
**ASK...**

**“DOES THIS JOKE MAKE  
PEOPLE FEEL CLOSER?”**

**(KUIPER ET AL., 2019)**




**WHAT IF I MAKE A  
MISTAKE WITH THIS  
TOOL?**



**YES, WE DO HAVE TO BE MORE  
CAREFUL OF OUR USE OF HUMOR  
THAN WE DID, SAY 20 YEARS  
AGO.**

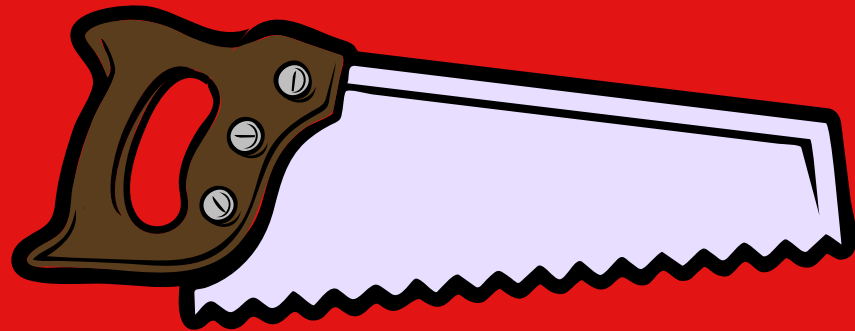
**YES, WE DO HAVE TO BE MORE  
CAREFUL OF OUR USE OF HUMOR  
THAN WE DID, SAY 20 YEARS  
AGO.**

**WHY IS THAT A BAD THING?**

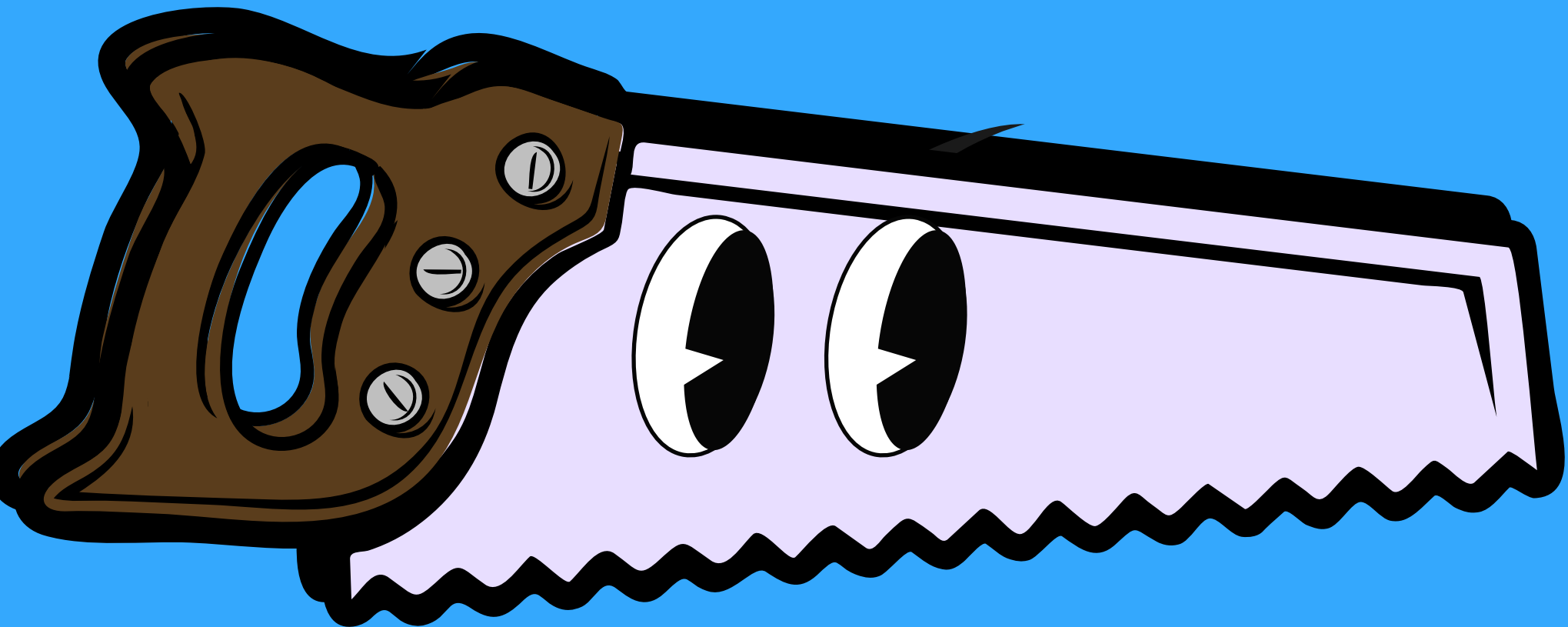


**We didn't call it  
#metoo we just  
called it life**

**NOW IT'S YOUR TURN**



**SO, WHY ELSE WOULD  
I USE THIS TOOL?**



**B**

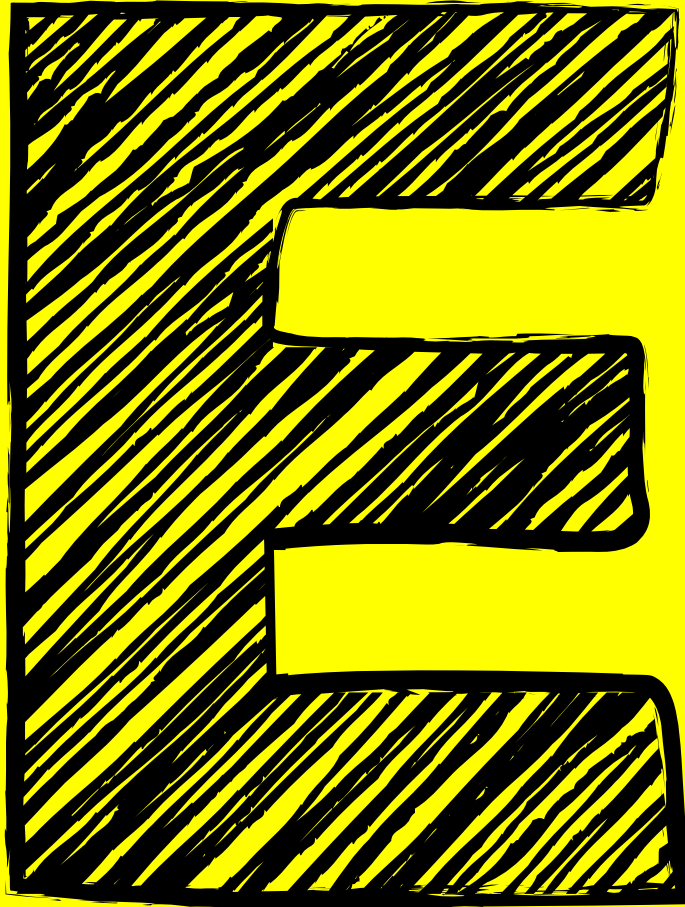
**UILD**

**TRUST**

**RELATIONSHIPS**

**COMMUNITY**

**(TANEY, 2018)**



**XPRESS**

**UNCERTAINTY**

**CONCERNS**

**(BUITING 2020, BEACH 2015, WILLIAMS 2009)**



# **OMFORT**

**RELIEVE TENSION**

(CLAXTON, 2016)

**SOOTHE OTHERS**

(BUIRING, 2020)  
(CHAPPLE, 2004)  
(BEACH, 2015)

**EG PATIENT TO FAMILY, PATIENT TO NURSE, NURSE TO PATIENT**



**KNOW  
OUR  
LIMITS**

**YOU KNEW THIS ONE WAS COMING, RIGHT?**

**(WILLIAMS, 2009)  
(ASTEDT-KURK, 2001)**

**KNOWING OUR LIMITS  
IS OUR ONLY LIFEBOAT.**

**OKAY, MAYBE THAT AND TIME OFF.**

**IT`S MORE FUN TO BE A GOOD...  
RN/MD/RD/PT THAN AN  
THAN AN INADEQUATE SUPERHERO.**





**What a  
perfect  
place to  
make camp...**

**HUMOR CAN  
HELP US SEE  
THE "UH OH"**

# BEFORE THE "OUCH"





**What a  
perfect  
place to  
make camp...**

**Huh.  
IS IT  
THOUGH?**

**HUMOR CAN ALSO HELP  
US RECOGNIZE  
WHEN  
OUR FRIENDS ARE  
SEEING THE "UH OH"  
WE'RE MISSING**

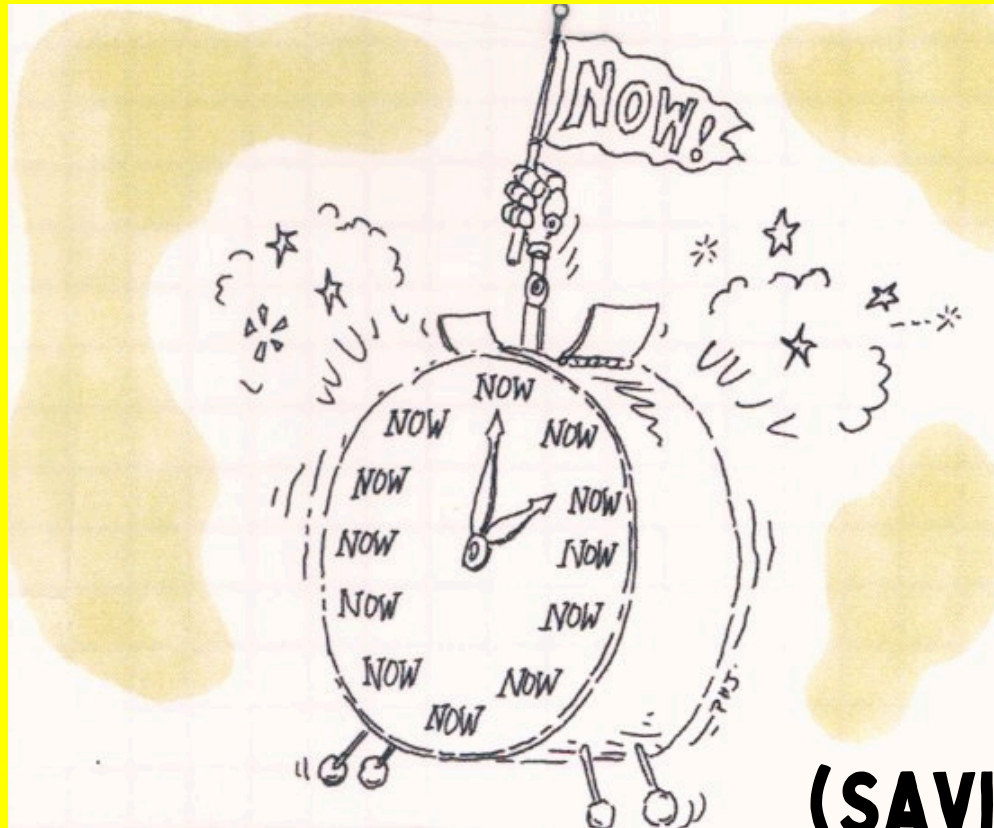
**LAUGHTER CAN  
HELP US BE  
TRULY PRESENT.**

**(CANESTRARI C, 2021)**



**PERHAPS BY GIVING US A LITTLE OF  
A BREAK FROM THE MOMENT.  
THE MORE THE MOMENT HURTS, THE  
MORE IMPORTANT THE BREAK IS.**

# **NOT EVERYTHING IS AN EMERGENCY! HUMOR HELPS US PRIORITIZE.**



**(SAVITSKY, 2021),**

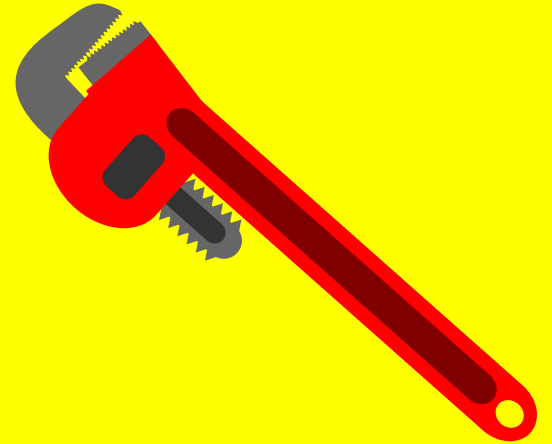
**HUMOR HELPS PUT THINGS BACK INTO PERSPECTIVE AND IS ONE OF THE MOST POWERFUL WEAPONS AGAINST COGNITIVE DISTORTIONS.**





**HUMOR CAN BE USED AS A TOOL TO...**

# **KEEP OUT**



**HIDE EMBARRASSMENT**

**DECREASE VULNERABILITY**

**AVOID A TOPIC**

**AVOID OR POSTPONE A CONVERSATION**

**CREATE DISTANCE FROM AGE OR  
ILLNESS RELATED LOSSES**



(WILLIAMS, 2009)  
(ASTEDT-KURK, 2001)

# **O**RIENT

**TO ANOTHER PERSPECTIVE:**

**FOCUS ON POSITIVE ASPECTS OF  
SITUATION TO IMPROVE MOOD**



**(WILLIAMS, 2009)  
(BEACH 2015)**

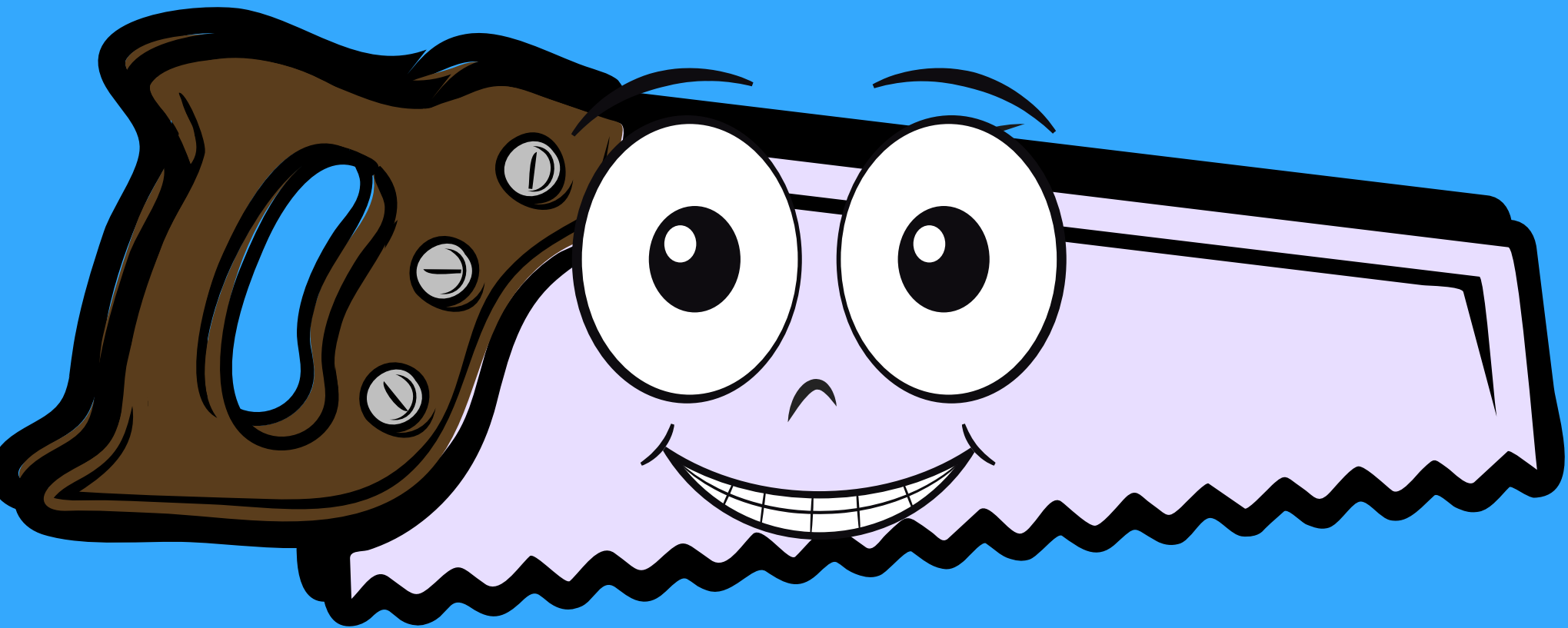
# **HUMOR HELPS US COME UP WITH WIN/WIN SOLUTIONS INSTEAD OF WIN/LOSE SOLUTIONS**



# HUMOR HELPS US SAY "I WAS WRONG AND YOU WERE RIGHT."



**SO, HOW CAN I BE MORE  
SKILLFUL WITH THIS TOOL?**





**IN A 2016 STUDY OF ADVANCED CANCER PATIENTS' PRIORITIES  
REGARDING**

**WISHES AT THE END OF LIFE**

**45 PERCENT OF ALL**

**PATIENTS RATED**

**"KEEPING MY SENSE OF HUMOR"**

**AS ONE OF THEIR**

**TOP TEN PRIORITIES FOR END OF LIFE.**

**(HOW DID THEY EVEN THINK TO ASK THAT!)**

**PATIENTS NEED**

**US TO SEE THEIR HUMOR.**

**(HAYDEN, 2014)**



**THE EARLIEST RESEARCH WE HAVE  
ABOUT THIS SUBJECT  
DATED FROM WHEN DINOSAURS  
ROAMED THE EARTH**

**(EG ADAMLE, DECEMBER, 2005)**

**REVEALED THAT HUMOR IN HEALTHCARE,  
ESPECIALLY IN GRAVE/ SERIOUS SITUATIONS  
IS NO JOKE**

**IN ONE STUDY,  
HUMOR WAS OBSERVED  
IN 85 % OF ALL  
PROVIDER-PATIENT INTERACTIONS  
70 % WAS INITIATED BY PATIENTS**

**PATIENTS AND FAMILIES WHO HAVE  
THEIR OFFERS OF HUMOR IGNORED,  
NOT NOTICED, OR REJECTED.**

**ARE LESS ADHERENT  
TO TREATMENT  
AND  
DEMONSTRATE LESS  
TRUST IN THEIR PROVIDERS**

**(DELGADO, 2016)**

**HUMOR SKILLS CAN BE TAUGHT!**

**(MCGHEE, 2016)**

**"I'M JUST NOT A PERSON  
WHO CAN SAW"  
SAID NO ONE EVER**

**FORTUNATELY, IN ORDER TO MEET THE HUMOR  
NEEDS OF PATIENTS WE DON'T**

**HAVE TO MEMORIZE JOKES:**

**"SO A KID WITH CF AND A KID WITH CANCER  
WALKED INTO A BAR..."**

**THAT WOULD BE ABSURD. AND TERRIBLE**

**KNOCK KNOCK**

**WHO'S THERE?**

**UH...**



**ALSO, IT WOULD MAKE US  
UNPOPULAR AT PARTIES...**

**SO UNPOPULAR**

**YOU DON'T HAVE TO CONSIDER  
YOURSELF A "FUNNY PERSON" TO USE  
HUMOR WITH PATIENTS.  
IT'S ABOUT RECOGNIZING AND  
RESPONDING.**

**THINK OF IT AS A GAME OF BASEBALL.  
THE PATIENT THROWS OUT SOME  
HUMOR AND WE CATCH IT...**

**ONCE YOU HAVE CAUGHT  
THE HUMOR BALL  
(YOU FRICKIN' HERO, YOU!)**



**YOU HAVE A CHOICE.  
DO YOU WANT TO  
THROW  
IT BACK?**



**(DEAN, 2005)**



**THE ALGORITHM FOR THIS CHOICE IS  
MORE ART THAN SCIENCE,  
BUT WE DO KNOW IN THE CASE OF HUMOR  
ABOUT VERY SERIOUS SUBJECTS,  
IT WORKS BEST IF...**


- YOU HAVE A TRUSTING  
RELATIONSHIP WITH THE PATIENT**
- THEY ARE NOT DEALING WITH SEVERE PAIN,  
ANXIETY OR A NEW DIAGNOSIS.**
- YOU THROW IT MORE SOFTLY THAN THEY DID**



**(DEAN, 2005)**

**WHEN MY PARTNER (WHO HAD OVARIAN CANCER) DECIDED TO STOP CHEMO AND TRANSITION HER CARE TO COMFORT ONLY, WE SCHEDULED AN INTAKE WITH HOME HOSPICE. THE NURSE DROVE UP WHILE MY PARTNER AND I WERE OUTSIDE.**







**IS THIS...  
ARE YOU ALL...  
ARE YOU HAVING  
A SNOWBALL FIGHT?!?**



**WHAT'S  
IT  
GONNA  
DO?  
KILL ME?!**





**IS THIS...  
ARE YOU ALL...  
ARE YOU HAVING  
A SNOWBALL FIGHT?!?**



**WHAT'S  
IT  
GONNA  
DO?  
KILL ME?**



**THE PITCH**

**THAT  
IS A VERY GOOD  
POINT!**

**THE CATCH**

**WHAT'S  
IT  
GONNA  
DO?  
KILL ME?**

**THE PITCH**





**WE LOVED THAT NURSE FROM THAT MOMENT ON**



**WE TRUSTED THAT NURSE FROM THAT MOMENT ON**

# MARCH 2020

**MY BOSS**

(BLESS HER HEART)

**THROWS IT BACK**

**BUT MORE GENTLY  
THAN I THREW IT**



WK C [REDACTED]

Thank you Beth. I'm glad to connect with you. Don't worry about the rest of everything Kelli. We got you. Feel better.

w

It's f [REDACTED] boomer hell in here.

Oh

That was meant just for my sister

WK C [REDACTED]

Your sense of humor isn't sick. Or maybe it is?!

Sorry to hear that. This is a crazy time. The er is bad on a good day.

w

**HERE'S MY PITCH**  
(ACCIDENTAL. BUT STILL)



**AND IMPORTANTLY**  
**ALSO ACKNOWLEDGED**  
**THE EMOTIONAL TRUTH OF**  
**MY HUMOROUS COMMENT**

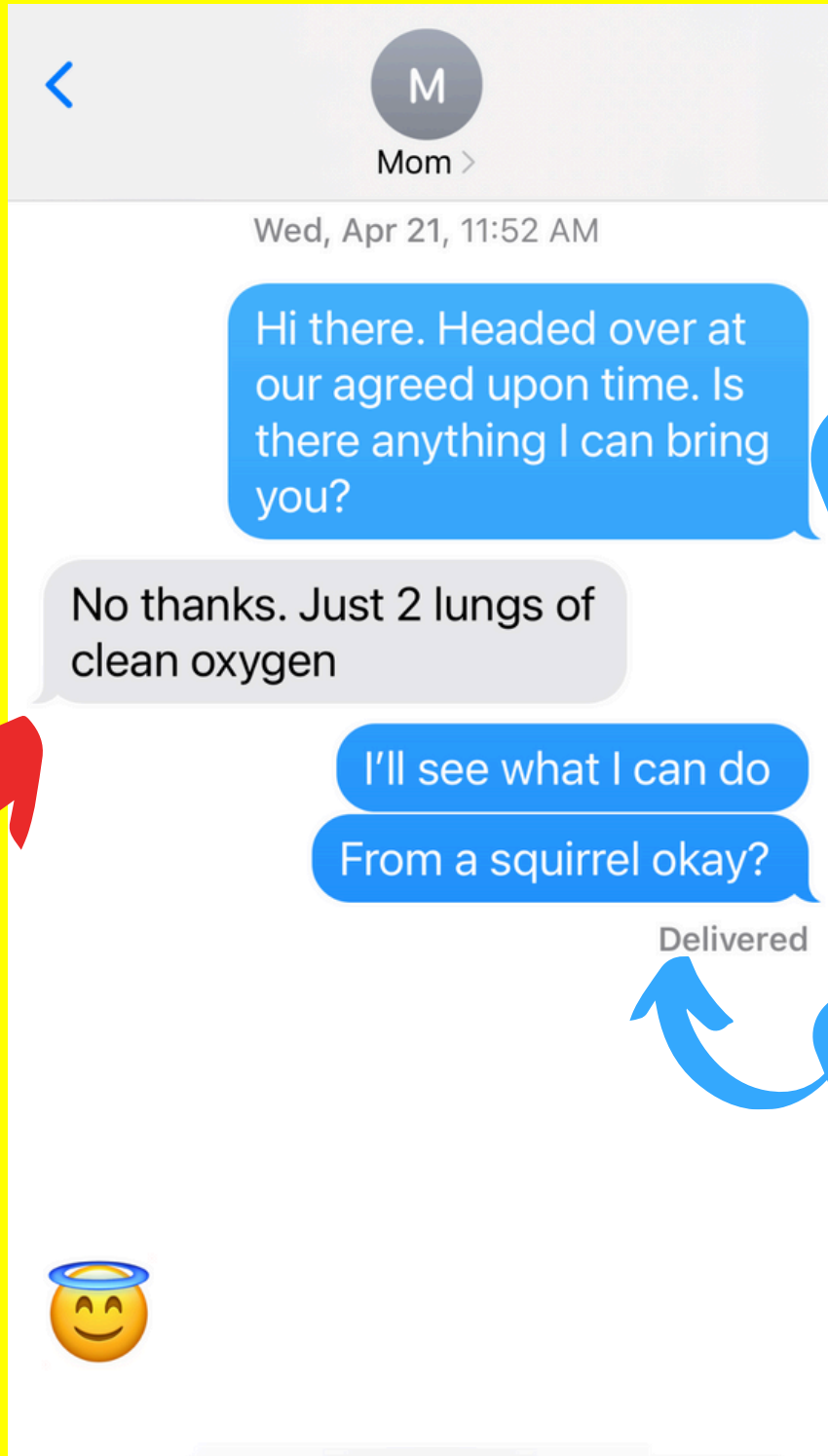






**PITCH**

**CATCH**



**PITCH**



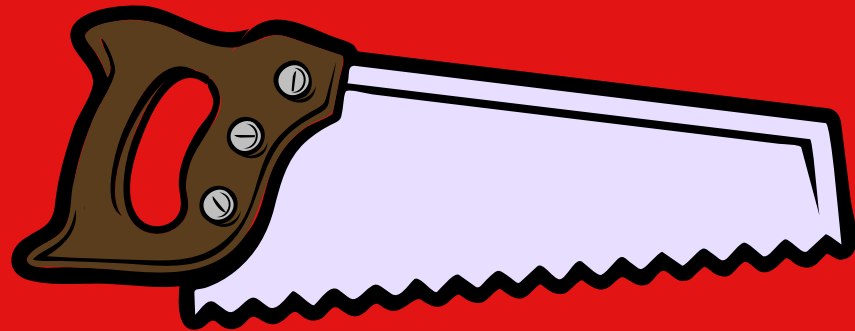
**CATCH**



**THROWBACK**



**NOW IT'S YOUR TURN**



**SOMETIMES PATIENTS USE HUMOR TO  
COMMUNICATE SOMETHING THAT THEY  
DON'T FEEL COMFORTABLE TALKING ABOUT  
IN A MORE SERIOUS WAY.**

**SOMETIMES HUMOR IS USED TO  
START A CONVERSATION BUT  
SOMETIMES HUMOR IS USED TO  
PREVENT A CONVERSATION**

**THERE IS NOTHING INHERENTLY  
DESTRUCTIVE  
ABOUT USING HUMOR TO  
DEFLECT/STOP A  
CONVERSATION.**

**EITHER AS PROVIDER  
OR PATIENT**

**(SOUSA, 2020)**

**OH YOU DON'T USE HUMOR TO  
DEFLECT?**

**HMMM. WHAT DID YOU SAY  
LAST TIME A PATIENT  
ASKED A QUESTION YOU FELT  
WAS TOO PERSONAL TO  
ANSWER?**

**SEE? NOTHING INHERENTLY  
WRONG.**

**BUT IF AT ALL  
POSSIBLE,  
LAUGH AT THE  
JOKE FIRST.**

**BONUS TIP:**

**MANAGING  
"HECKLERS"**



**DON'T TELL ME  
YOU DON'T HAVE  
HECKLERS AT  
YOUR JOB.**

**TIP #1**

**WHAT DOES  
THIS HECKLER  
NEED?**

**TIP #2**

# **CALL THE MOMENT**

**SOMETIMES THE FUNNIEST THING TO DO IS  
JUST TO CALL THE MOMENT.**

**"WELL, THIS IS CERTAINLY AWKWARD"**

**EVEN IF YOU NEVER DO ANYTHING ELSE  
FUNNY IN YOUR LIFE, PEOPLE WILL LOVE  
YOU FOR THAT.**

**TIP #2**

# **CALL THE MOMENT**

**SOMETIMES THE FUNNIEST THING TO DO IS JUST TO  
CALL THE MOMENT.**

**"WELL, THIS IS CERTAINLY AWKWARD"**

**EVEN IF YOU NEVER DO ANYTHING ELSE FUNNY IN  
YOUR LIFE, PEOPLE WILL LOVE YOU FOR THAT.**

**CHILDREN LOVE TO CALL  
THE MOMENT.**

## **TIP #3**

**MAKE IT SO YOU DON'T HAVE TO RESPOND IN THE MOMENT...THINK OF THE COMEBACK BEFOREHAND!**

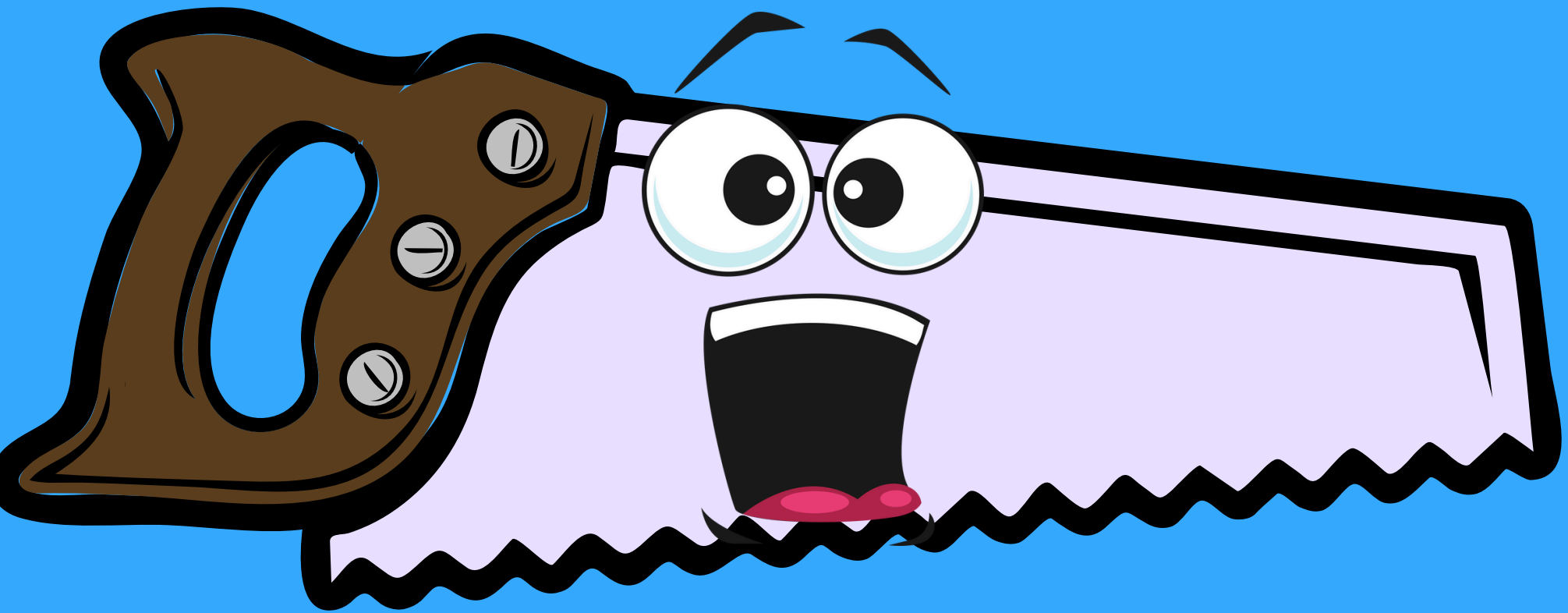
**ANTICIPATE HARD SPOTS AND LOOK FOR THE SETUP.**

**IF ALL ELSE FAILS, JUST REPEAT THE STATEMENT BACK VERRRRRYYY SLOWLY.**

**THAT`S WHAT I SHOULD HAVE SAID/DONE GAME, THE MORE YOU REHEARSE THE CLOSER IT WILL BECOME TO REAL TIME.**

**CREATE BETTER NUERAL PATHWAYS FOR HUMOR**

**HOW DO I FIND WAYS TO  
USE THIS TOOL MORE?**



CLIFF

TOP



**INTENTION**



**C**ELEBRATE



**CONGRATULATIONS**

**YOU CAME BACK**

**FROM THE POST**

**OFFICE!!!**

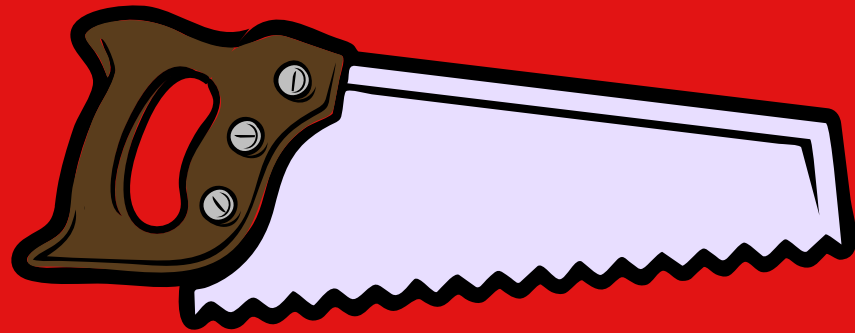


ORANGE TREE

FRUIT

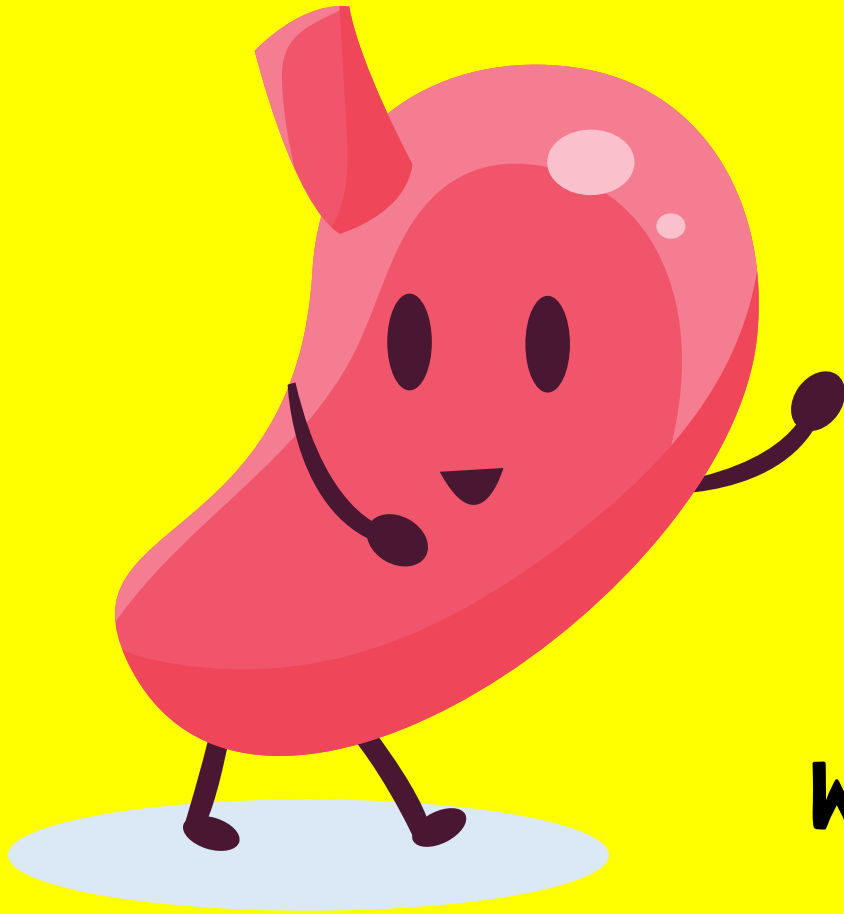
HOLIDAY

**NOW IT'S YOUR TURN**



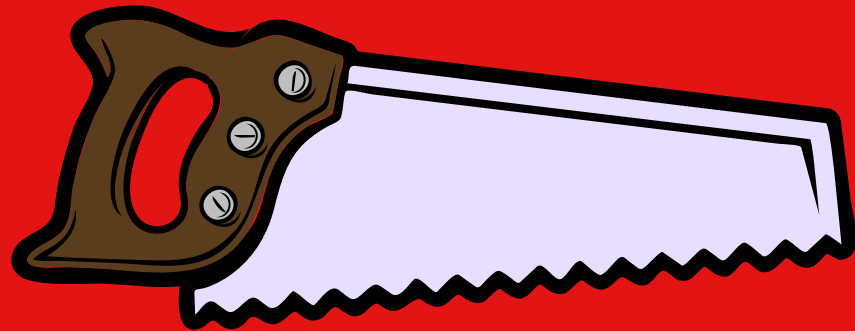
**L**OWER

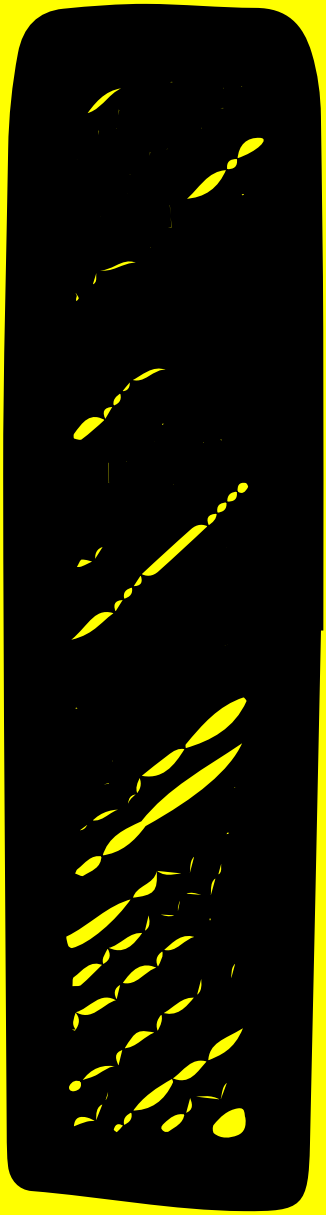
**L**AUGHTER THRESHOLD



**LAUGH  
LOUDER  
LONGER  
MORE HEARTILY  
WITH MORE OF YOUR  
ABDOMEN  
(OR ANY OTHER BODY AREAS  
YOU`RE OKAY WITH BEING INVOLVED)**

**NOW IT'S YOUR TURN**





**INSERT**



# INTENTIONALLY INSERT HUMOR INTO YOUR DAILY ROUTINE

## Wednesday

9 AM: pediatric emergency

10 AM: ETHICS meeting

11 AM: FATALITY meeting

NOON child protective services hearing

1 PM: MEDIATE EMOTIONALLY WRENCHING  
CONVERSATION

2 PM **WATCH FUNNY YOUTUBEVIDEOS**

3 PM: SOMETHING EVEN MORE TERRIBLE  
THAT KELLI CAN'T THINK UP BECAUSE  
SHE DOESN'T DO THIS JOB

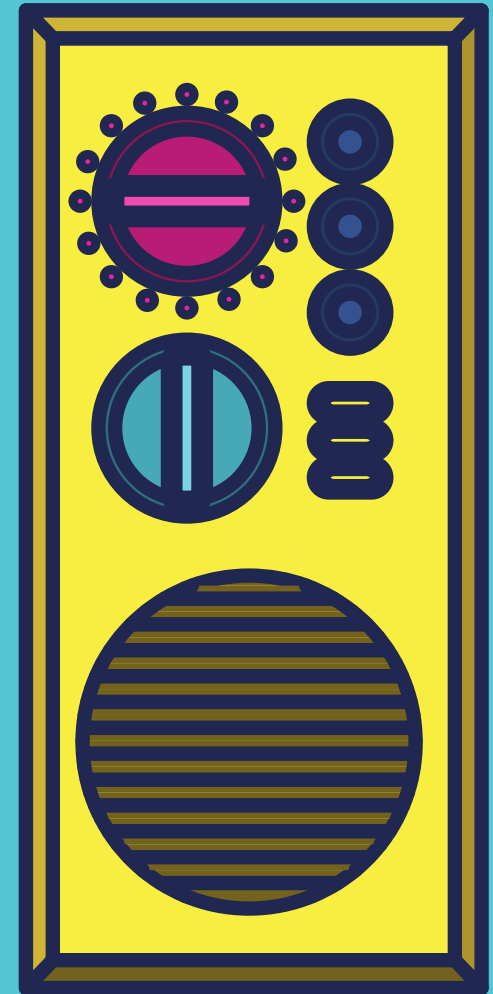


**INSERT  
HUMOR  
INTO YOUR  
PHYSICAL  
&  
VIRTUAL  
SPACES**



**YOUR ENVIRONMENT**

**THIS JUST IN:  
EVERYTHING  
IS  
TERRIBLE**





**ISN'T DOOMSCROLLING  
ESSENTIALLY  
CYBERBULLYING  
YOURSELF?**



**FIND**

**FOUND**

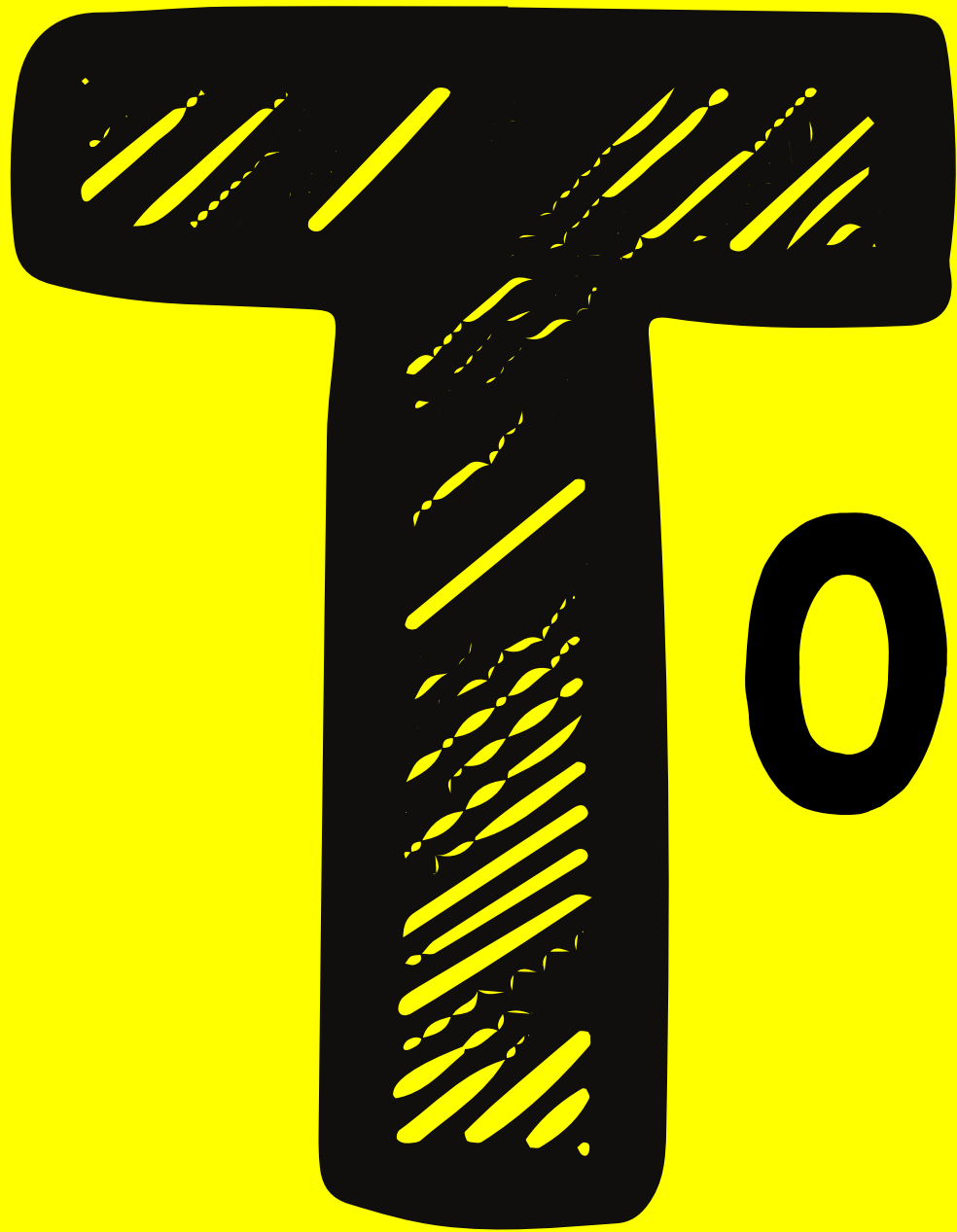
**HUMOR**



# **JUDY CARTER'S FIND THE FUNNY FORMULA**

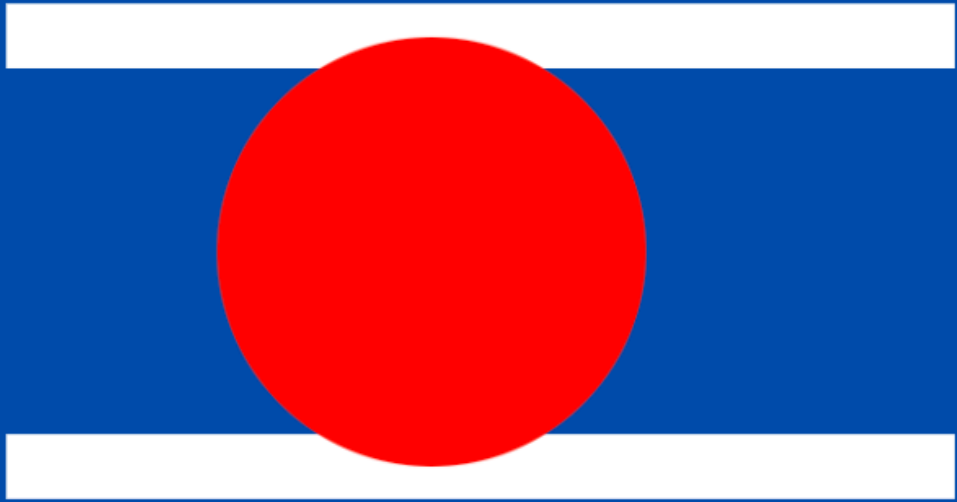
**I'M [INSERT DEFECT] WOOHOO!" HEY THERE  
ARE ADVANTAGES TO BEING [INSERT  
DEFECT] [INSERT ADVANTAGE] [INSERT  
ADVANTAGE] [INSERT ADVANTAGE]**





**TOYS**



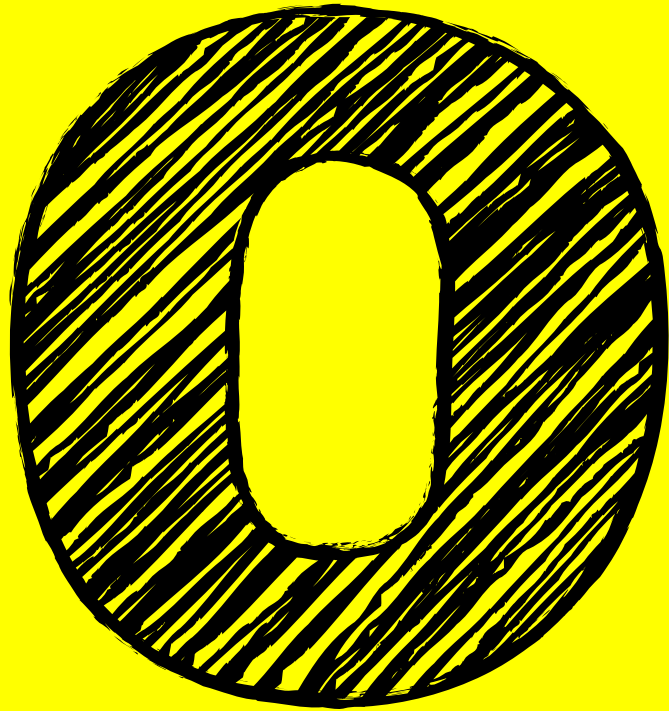






FIND THE FUN  
YOU'VE DONE YOUR





**FFICIAL**



**YOU KNOW YOU'RE A  
(WRITE NAME  
OF YOUR JOB TITLE)**

**IF YOU.....**





**HAVE A "MERRY MEETING" POLICY.  
BUT DON'T CALL IT THAT.  
PLEASE DON'T CALL IT THAT.**

**ASK YOUR TEAM/COWORKERS TO TELL  
A FUNNY STORY TO BEGIN THE MEETING.**

**IF NO ONE HAS A FUNNY STORY,  
TELL A KNOCK KNOCK JOKE**

**PEOPLE WILL START LOOKING FOR  
FUNNY STORIES IN ORDER TO AVOID  
HEARING KNOCK KNOCK JOKES.**





**LAYFUL**

**(JOKE IS ON YOU)**



**IF THEY'RE LAUGHING AT YOU,  
AND YOU START LAUGHING**



**THEY'RE LAUGHING WITH YOU**



# **IN SUMMARY**

**HUMOR HELPS...**

**IF THE AIM IS CONNECTION**

**THE TARGET IS APPROPRIATE**

**YOU GIVE YOURSELF PERMISSION**

**FOR HUMOR ACROSS CATEGORIES,**

**REMEMBER THE PITCH AND CATCH RULE**

**YOU DON'T HAVE TO BE A**

**NATURALLY FUNNY PERSON TO REAP THE BENEFITS OF HUMOR.**

**INSTEAD FOCUS ON MAKING INTENTIONAL EFFORTS**

**TO RECOGNIZE AND NURTURE HUMOR**

**WHO IS GOING TO BE YOUR  
LET'S-FIND-THE-HUMOR-TOGETHER ACCOUNTABILITY  
PARTNER? (CONSENT IS KEY)**



**[HTTPS://BIT.LY/NCHFLLAUGHS](https://bit.ly/nchfllaughs)**

**HOW CAN I SUPPORT YOU?**

**TEXT 215.964.1963**

**KELLIDUNHAM[AT]GMAIL.COM**

**[AT]KELLIDUNHAM ALL THE SOCIALS**



# REFERENCES

ADAMLE K, LUDWICK R (2005) HUMOR IN HOSPICE CARE: WHO, WHERE, AND HOW MUCH? AM J HOSP PALL MED 22(4):287-290  
ASTEDT-KURKI, P., & ISOLA, A. (2001). HUMOUR BETWEEN NURSE AND PATIENT, AND AMONG STAFF: ANALYSIS OF NURSES' DIARIES. JOURNAL OF ADVANCED NURSING, 35(3), 452-458.

BARBER, MICHAEL. 2015. MAKING HUMOR TOGETHER: PHENOMENOLOGY AND INTERRACIAL HUMOR. SOCIETÀ MUTAMENTOPOLITICA 6 (12): 43-66.

BEACH, W. A., & DOZIER, D. M. (2015). FEARS, UNCERTAINTIES, AND HOPES: PATIENT-INITIATED ACTIONS AND DOCTORS' RESPONSES DURING ONCOLOGY INTERVIEWS. JOURNAL OF HEALTH COMMUNICATION, 20, 1243-1254. DOI:10.1080/10810730.2015.1018644

BECK CT. HUMOR IN NURSING PRACTICE: A PHENOMENOLOGICAL STUDY. INT J NURS STUD. (1997) 34:346-52. DOI: 10.1016/S0020-7489(97)00026-6

BERK, L. S., TAN, S. A., FRY, W. F., NAPIER, B. J., LEE, J. W., HUBBARD, R. W., & LEWIS, J. E. (2014). NEUROENDOCRINE AND STRESS HORMONE CHANGES DURING MIRTHFUL LAUGHTER. THE AMERICAN JOURNAL OF THE MEDICAL SCIENCES, 298(6), 390-396.

BJARNADOTTIR A. WORK ENGAGEMENT AMONG NURSES IN RELATIONALLY DEMANDING JOBS IN THE HOSPITAL SECTOR. NORDIC J NURS RES. (2011) 31:30-4. DOI: 10.1177/010740831103100307

BUITING HM, DE BREE R, BROM L, MACK JW, VAN DEN BREKEL MWM. HUMOUR AND LAUGHING IN PATIENTS WITH PROLONGED INCURABLE CANCER: AN ETHNOGRAPHIC STUDY IN A COMPREHENSIVE CANCER CENTRE. QUAL LIFE RES. 2020 SEP:29(9):2425-2434. DOI: 10.1007/S11136-020-02490-W. EPUB 2020 APR 6. PMID: 32249383.

BUITING, H. M., DE BREE, R., BROM, L., MACK, J. W., & VAN DEN BREKEL, M. W. M. (2020). HUMOUR AND LAUGHING IN PATIENTS WITH PROLONGED INCURABLE CANCER: AN ETHNOGRAPHIC STUDY IN A COMPREHENSIVE CANCER CENTRE. QUALITY OF LIFE RESEARCH : AN INTERNATIONAL JOURNAL OF QUALITY OF LIFE ASPECTS OF TREATMENT, CARE AND REHABILITATION, 29(9), 2425-2434. [HTTPS://DOI.ORG/10.1007/S11136-020-02490-W](https://doi.org/10.1007/S11136-020-02490-W)

CANESTRARI C, BONGELLI R, FERMANI A, RICCIONI I, BERTOLAZZI A, MUZI M AND BURRO R (2021) CORONAVIRUS DISEASE STRESS AMONG ITALIAN HEALTHCARE WORKERS: THE ROLE OF COPING HUMOR. FRONT. PSYCHOL. 11:601574. DOI: 10.3389/FPSYG.2020.601574

CHAPPLE A, ZIEBLAND S (2004) THE ROLE OF HUMOUR FOR MEN WITH TESTICULAR CANCER. QUAL HEALTH RES 14(8):1123-1139

# REFERENCES (PAGE 2)

- ACLAXTON-OLDFIELD, S., & BHATT, A. (2016). IS THERE A PLACE FOR HUMOR IN HOSPICE PALLIATIVE CARE? VOLUNTEERS SAY "YES"! AMERICAN JOURNAL OF HOSPICE AND PALLIATIVE MEDICINE<sup>®</sup>. [HTTPS://DOI.ORG/10.1177/1049909116632214](https://doi.org/10.1177/1049909116632214)
- CONSOLI AJ, BLEARS K, BUNGE EL, MANDIL J, SHARMA H, WHALING KM. INTEGRATING CULTURE, PEDAGOGY, AND HUMOR IN CBT WITH ANXIOUS AND DEPRESSED YOUTH. PRAC INNOV. (2018) 3:138–51. DOI: 10.1037/PRI0000069
- DAMIANAKIS, T., & MARZIALI, E. (2011). COMMUNITY-DWELLING OLDER ADULTS' CONTEXTUAL EXPERIENCING OF HUMOUR. AGEING AND SOCIETY, 31(1), 110–124.
- DELGADO-GUAY, M., RODRIGUEZ-NUNEZ, A., DE LA CRUZ, V., FRISBEE-HUME, S., WILLIAMS, J., WU, J., ET AL. (2016). ADVANCED CANCER PATIENTS' PRIORITIES REGARDING WISHES AT THE END OF LIFE: A RANDOMIZED CONTROLLED STUDY. J. CLIN. ONCOL. 33, 4273–4281. DOI: 10.1007/S00520-016-3260-9
- DUNBAR RI, BARON R, FRANGOU A, PEARCE E, VAN LEEUWEN EJ, STOW J, ET AL. SOCIAL LAUGHTER IS CORRELATED WITH AN ELEVATED PAIN THRESHOLD. PROC BIOL SCI. 2012; 279:1161–1167. [HTTPS://DOI.ORG/10.1098/RSPB.2011.1373](https://doi.org/10.1098/RSPB.2011.1373) PMID: 21920973
- HAYDON, G., & RIET, P.V (2014). A NARRATIVE INQUIRY: HOW DO NURSES RESPOND TO PATIENTS' USE OF HUMOUR?. CONTEMPORARY NURSE, 46(2), 197–205. [HTTPS://DOI.ORG/10.5172/CONU.2014.46.2.197](https://doi.org/10.5172/CONU.2014.46.2.197)
- HAYLEY KO & AMINA MEMON (2023) SECONDARY TRAUMATIZATION IN CRIMINAL JUSTICE PROFESSIONS: A LITERATURE REVIEW, PSYCHOLOGY, CRIME & LAW, 29:4, 361-385, DOI: [10.1080/1068316X.2021.2018444](https://doi.org/10.1080/1068316X.2021.2018444)
- KUIPER ET AL., 2019. KUIPER, N. A., MARTIN, R. A., & DANCE, K. A. (2019). HUMOR AND STRESS: A MODEL OF WHEN JOKES HELP. JOURNAL OF PSYCHOLOGY: INTERDISCIPLINARY AND APPLIED, 153(2), 212–231.
- LINGE-DAHL, L. M., HEINTZ, S., RUCH, W., & RADBRUCH, L. (2018). HUMOR ASSESSMENT AND INTERVENTIONS IN PALLIATIVE CARE: A SYSTEMATIC REVIEW. FRONTIERS IN PSYCHOLOGY, 9(890), 1–12. [HTTPS://DOI.ORG/10.3389/FPSYG.2018.00890](https://doi.org/10.3389/fpsyg.2018.00890)
- MCCREADDIE M, WIGGINS S. THE PURPOSE AND FUNCTION OF HUMOUR IN HEALTH, HEALTH CARE AND NURSING: A NARRATIVE REVIEW. J ADV NURS. (2008) 61:584–95. DOI: 10.1111/J.1365-2648.2007.04548.

# REFERENCES (PAGE 3)

ACGHEE P. HUMOR AS SURVIVAL TRAINING FOR A STRESSED-OUT WORLD: THE 7 HUMOR HABITS PROGRAM. BLOOMINGTON: AUTHORHOUSE (2010).

MCGHEE P. HUMOR ALS COPINGSTRATEGIE. IN: WILD B, EDITOR. HUMOR IN PSYCHIATRIE UND PSYCHOTHERAPIE: NEUROBIOLOGIE - METHODEN - PRAXIS. 2ND ED. STUTTGART: SCHATTAUER (2016). P. 208-28.

OCZKOWSKI, SIMON. 2015. VIRTUOUS LAUGHTER: WE SHOULD TEACH MEDICAL LEARNERS THE ART OF HUMOR. CRITICAL CARE 19: 222-223.

PUTZ D, BREUER K. THE STRESS-REDUCING EFFECT OF EMPLOYEE'S AND SUPERVISOR'S POSITIVE HUMOR AT WORK. WIRTSCHAFTSPSYCHOLOGIE. (2017) 19:39-50.

SAVITSKY, B., FINDLING, Y., ERELI, A., AND HENDEL, T. (2020). ANXIETY AND COPING STRATEGIES AMONG NURSING STUDENTS DURING THE COVID-19 PANDEMIC. NURSE EDUC. PRACT. 46:102809. DOI: 10.1016/J.NEPR.2020.102809

SOUSA LMM, MARQUES-VIEIRA CMA, ANTUNES AV, FRADE M, DE FG, SEVERINO SPS, ET AL. HUMOR INTERVENTION IN THE NURSE-PATIENT INTERACTION. REV BRASIL ENFERMAGEM. (2019) 72:1078-85. DOI: 10.1590/0034-7167-2018-0609

TANAY MA, WISEMAN T, ROBERTS J, REAM E. A TIME TO WEEP AND A TIME TO LAUGH: HUMOUR IN THE NURSE-PATIENT RELATIONSHIP IN AN ADULT CANCER SETTING. SUPPORT CARE CANCER 2014:22:1295-301.

WILLIAMS, R. (2009). 'HAVING A LAUGH': MASCULINITY, HEALTH AND HUMOUR. NURSING INQUIRY, 16(1), 74-81. DOI:10.1111/J.1440-1800.2009.00437.