

# Self-care in health practices:

*The importance of LAUGHTER in Work/Life balance*

BaLAnCe



SELF care

lAuGhTeR 😊

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INDIANA JOINT NATIONAL PUBLIC HEALTH WEEK CONFERENCE

APRIL 8, 2014 THE FORUM CONFERENCE CENTER FISHERS, IN

# Self-Care defined

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*Self care* refers to **actions** and **attitudes** which contribute to the maintenance of *well-being* and *personal health* and promote human development.

**“Your sense of humor is one of the most powerful tools you have, to make certain that your daily mood and emotional state support good health.”**

~ Paul E. McGhee, Ph.D. ~

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LAUGHTER



# History 😊 of laughter

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- **Gelotology** (from the Greek *gelos*, meaning laughter) is the study of laughter and its effects on the body, from a psychological and physiological perspective.
- Professor William F. Fry
  - One of the founders of gelotology; Stanford university professor
- 1960's Study of Laurel and Hardy – comedic films and affects on body
- He found that laughter enhanced the activity of certain immune system cells responsible for killing infectious pathogens

# Facts about laughter through research

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- **Laughter** is an instinctive behavior, produced and recognized by people of all cultures.
- **Most laughter** is about relationships between people. We are **30** times more likely to laugh in a social situation than when we are alone (without the presence of t.v., books, radio). /<sup>(1)</sup>
- **Laughter** tends to occur in short bursts of vowel-like sounds such as “ha-ha,” “ho-ho,” or “he-he,” which are repeated every fifth of a second.
- **Most people** can’t laugh on command. Laughter is not something we produce consciously.

# Mission of Laughter Yoga:

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*The goal of Laughter Yoga is to bring good health, joy and world peace through Laughter*



# LAUGHTER YOGA:

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- Originated in 1995 by Dr. Madan Kataria
- Laughter Yoga began with 5 individuals in a park
- Began in Mumbai, India
- There are now over 6000 laughter clubs in over 60 countries
- **Laughter Yoga combines:**
  - laughter with yogic breathing
- **You laugh for no reason**

# Health Benefits & Laughter

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- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter dissolves distressing emotions.** You can't feel anxious, angry, or sad when you're laughing.

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# SELF-CARE

# BURNOUT

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- Burnout is a state of emotional, physical and spiritual exhaustion from prolonged stress.
- You are at significant risk of burnout when:
  - Prolonged stress occurs
- Warning signs:
  - Anxiety
  - Depression
  - Feeling overburdened
  - Difficulty sleeping

# Self-care entails that you are:

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- Eating well (healthy)
- Practicing good hygiene
- Getting a good night's sleep
- Exercising
- Maintaining a positive support/social system
- Investing in “*me*” time (pampering)
- Practicing “*positive*” living (attitude)

# References:

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**THANK YOU!**

