

# Humor Month Newsletter

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## More Laughter = Lower stress levels

A recent survey of rural Midwestern cancer patients revealed that humor was one of the most frequently used complementary therapies, and for good reason. A recent study at Indiana State University Sycamore Nursing Center had 33 healthy subjects view two different videos. The group watching a humorous video reported significantly lower stress levels on the Stress Arousal Check List following the video, while the group watching a tourism video showed no change. Even more impressively, those who watched the humorous video and scored over 25 on the humor response scale also had a significant positive change in their immune system (as measured by natural killer cell activity). The researchers concluded that the amount of mirthful laughter these subjects experienced was directly correlated to less stress and improved immune function! That's good news for all of us. So if you know a good joke be sure to share it with someone else, and have a good belly-laugh together!

## History of National Humor Month

National Humor Month was founded in 1976 by best-selling humorist Larry Wilde, Director of The Carmel Institute of Humor. It is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

"Since April is often bleak and grim and taxes are due on the 15th, it can be one of the most stressful times of the year," says Wilde, author of 53 books on the subject of humor. "Besides," adds Wilde, "it's the only month that begins with All Fool's Day -- a day which has sanctioned frivolity and pranks ever since the 1500's."

The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

## How to enhance your sense of humor

### A daily Ritual

**Every night at dinner ( or throughout the day), make family members/ roommates/friends share one funny or even embarrassing moment of their day.**



## Joke of the Week

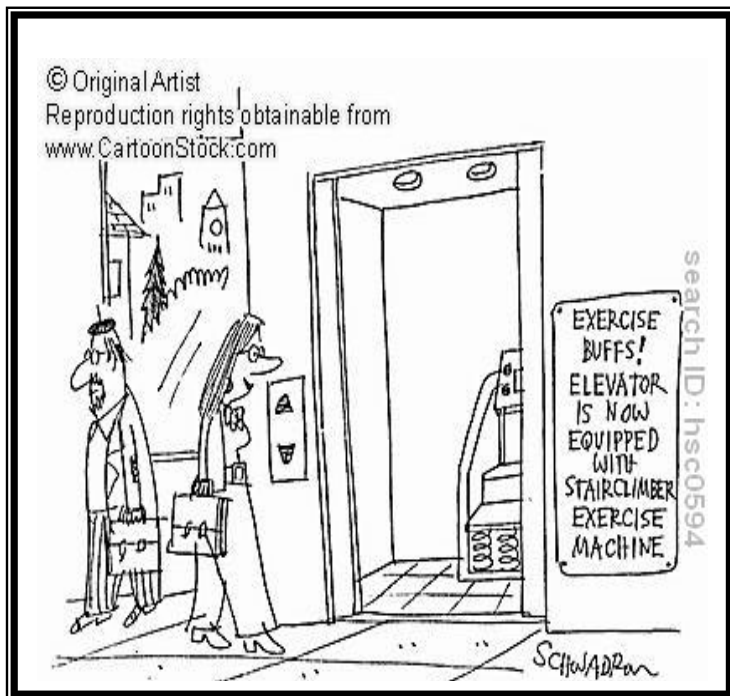
When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High blood pressure, Doc. It comes from my family."

"Your mother's side or your father's?" I asked.

"Neither," he replied. "It's from my wife's family."

"Oh, come now," I said. "How could your wife's family give you high blood pressure?"

He sighed. "You oughta meet 'em sometime, Doc!"



Sources: <http://humormonth.com/NHM2009.html>, [www.glasbergen.com](http://www.glasbergen.com), <http://www.larrywilde.com/month.htm>, [http://www.cartoonstock.com/directory/e/exercise\\_machine.asp](http://www.cartoonstock.com/directory/e/exercise_machine.asp)