



Health, Humor and Spirituality Work Life Balance

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Objectives

- u Describe the benefits of humor and health
- u Describe the benefits of spirituality and health
- u Discuss the benefits of work life balance
- u To make you laugh.



Did You Know

- u The average preschooler laughs or smiles 400 times a day?
- u People smile only 35 percent as much as they think they do?
- u Laughter releases endorphins, a chemical 10 times more powerful than the pain-relieving drug morphine, into the body with the same exhilarating effect as doing strenuous exercise?



EAT, Sleep and Be Merry

- u “ One cannot think well. love well , sleep well , if one has not dined well”
- u Good nutrition, quality sleep and a sense of fulfillment are essential ingredient for creating balance in one’s life.
- u When mother Theresa was ask how to end world hunger, she said go home and feed your family



Burnout

- u “people who cannot find time for recreation are obliged sooner or later to find time for illness
- u John Wanamaker author





Burnout symptoms

- u Powerless
 - u Hopeless
 - u Emotional exhaustion
 - u Detachment
 - u Isolation
 - u Irritability
 - u Feeling trapped
- Failure
 - Despair
 - Cynicism
 - Apathy





Prevention of Burnout

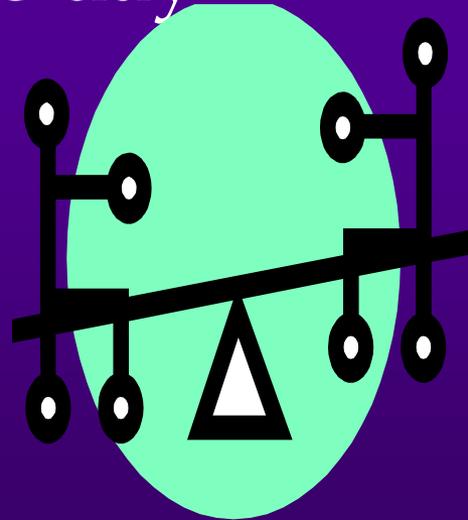
- u Establish clear boundaries
- u Create a designated work area at home.
- u Set time restraints on work done at home
- u Home work done on the job
- u Become a efficacy expert
- u Schedule time for meals, relaxation and exercise



Decision Decision Decision

- u “ I rise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day

u E. B. White.





Laughter is strong medicine for mind and body

- u Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.



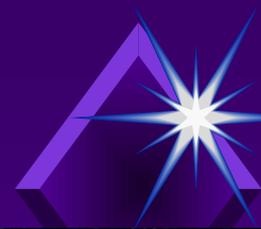
Laughter Reduces Stressors

- u Work is often associated with stress, and we know that stress is one of the main causes of illness, absenteeism, employee burn-out, etc.
- u Humor is a great stress reliever because it makes us feel good, and we can't feel good and feel stress simultaneously.
- u Dr. Norman Cousins, author of *Anatomy of an Illness*, brought to our attention how laughter can be healing or reduce symptoms.



Humor reduces stress

- u Humor and its fallout, laughter, reduce stress by activating the physiological systems including the muscular, respiratory, cardiovascular, and skeletal.
- u This fact results in the loss of muscle control, as many of us have, when we laugh so hard that we fall down or wet our pants.
- u Laughter has been labeled a jogging and juggling of the internal organs. When we laugh we feel physically better, and after laughter we feel lighter and more relaxed.
- u Humor provides a psychological stress reducer as it snaps our thinking to another channel.



Where You Been Adam?





The social benefits of humor and laughter

- u Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

 *3 Old Guys*





u Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

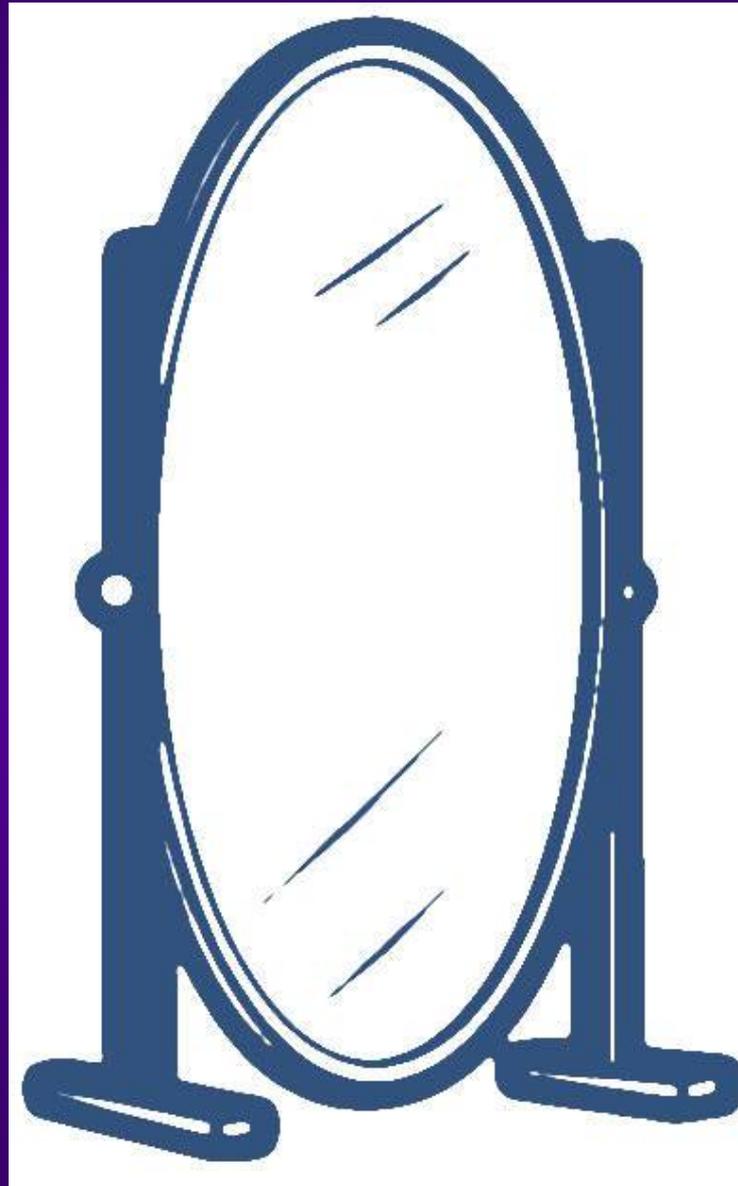


Little Known Facts about Laughter

- u One pioneer in laughter research, William Fry, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter.
- u And laughter appears to burn calories, too. Maciej Buchowski, a researcher from Vanderbilt University, conducted a small study in which he measured the amount of calories expended in laughing. It turned out that 10-15 minutes of laughter burned 50 calories.
- u While the results are intriguing, don't be too hasty in ditching that treadmill. One piece of chocolate has about 50 calories; at the rate of 50 calories per hour, losing one pound would require about 12 hours of concentrated laughter!



The
biggest
joke
stand in
front of
mirror
naked.





What is Health

- u *"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

The Definition has not been amended since 1948.



Health is a concept

- u Health is a positive concept emphasizing social and personal resources, as well as physical capacities
- u achieved through a combination of physical, mental, and social well-being, which, together is commonly referred to as the Health Triangle.



4 Determinants of health

- u Human biology
- u Environment
- u Lifestyles
- u Healthcare services



Smile Therapy



u “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”

u William James





Short Stick





Your Attitude



- u Nothing can stop the man with the right mental attitude from achieving his goals. Nothing on earth can help the man with the wrong mental attitude:
 - u Thomas Jefferson”



Attitude Determines Your





5 Tips to Better Work Life Balance

- u . Build downtime into your schedule.
- u Drop activities that sap your time or energy
- u Rethink your errands.
- u . Get moving.
- u . Remember that a little relaxation goes a long way.



A Three Step Approach to Balance

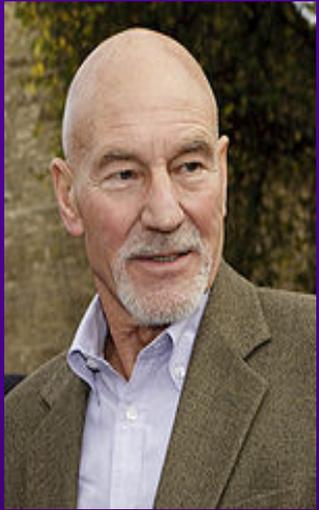
- u Slow Down
- u Time Management
- u Simplify your life





They Call Me Bad Luck

u You talking about bad luck





Benefits of Work-Life Balance in the Work Place

- u reduced stress and sick leave, leading to financial savings on supply cover;
- u
- u improved outcomes for patients in particular when absence further impact nursing shortage
- u
- u a more motivated workforce with high morale;
- u
- u better communication within the workplace;
- u
- u making it easier for disabled nurses to stay in the profession when they acquire impairments or impairments change;
- u





Benefits of Work-Life Balance in the Work Place

- u a recognition that working excessive hours might actually reduce staff effectiveness. Staff should be valued for their skills, experience and contribution, not their working pattern;
- u
- u increased job satisfaction;
- u
- u fewer problems with recruitment and retention – a good work-life balance policy will give organizations an ‘edge’ when seeking to attract and retain staff of the highest calibre;
- u
- u work-life balance is not mainly about doing less – it is about maintaining, or even raising, performance by living healthier, more productive, lives.





Does This Story Sound Familiar?

- u I like my job. There is just no such thing as “personal time” in my life! I have a wonderful family and supportive spouse. But, it feels like I am stretched to the limit! It seems that I never have enough hours in the day to get my work done and still have time for my family and friends.

u



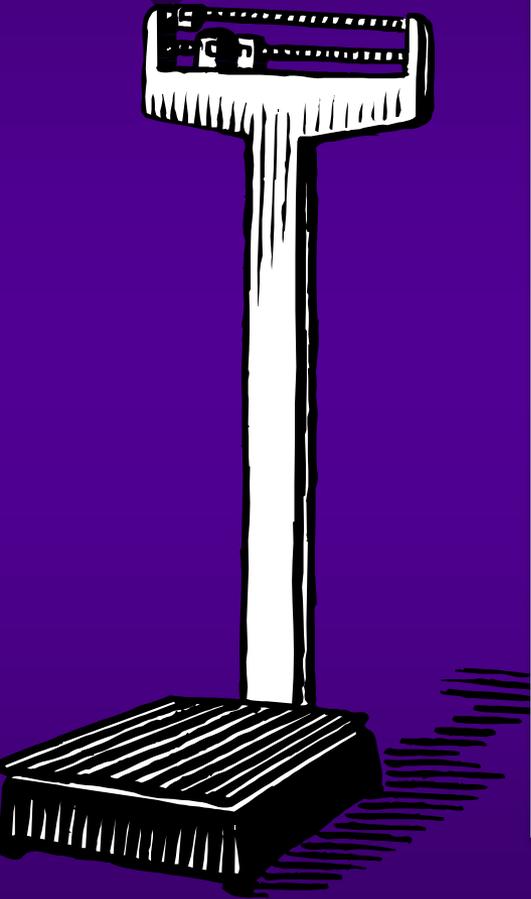
Benefits of Achieving Balance

- u Improves your health/ Blood pressure and cholesterol levels
- u Less stress more happiness
- u More energy
- u Improve quality of life and work effort
- u Better relationships at home and work
- u Improved concentrations
- u More free time
- u Potentially longer life span
- u Sustainable health
- u Patient and job satisfaction





Patient Right's



**REMOVE
ALL
CLOTHES**





What about Humor?

- u Humor is a universal language
- u It's a contagious emotion and a natural diversion
- u Brings people together and breaks down barriers
- u Best of all its free and has no side reactions



BAD NEWS TWICE

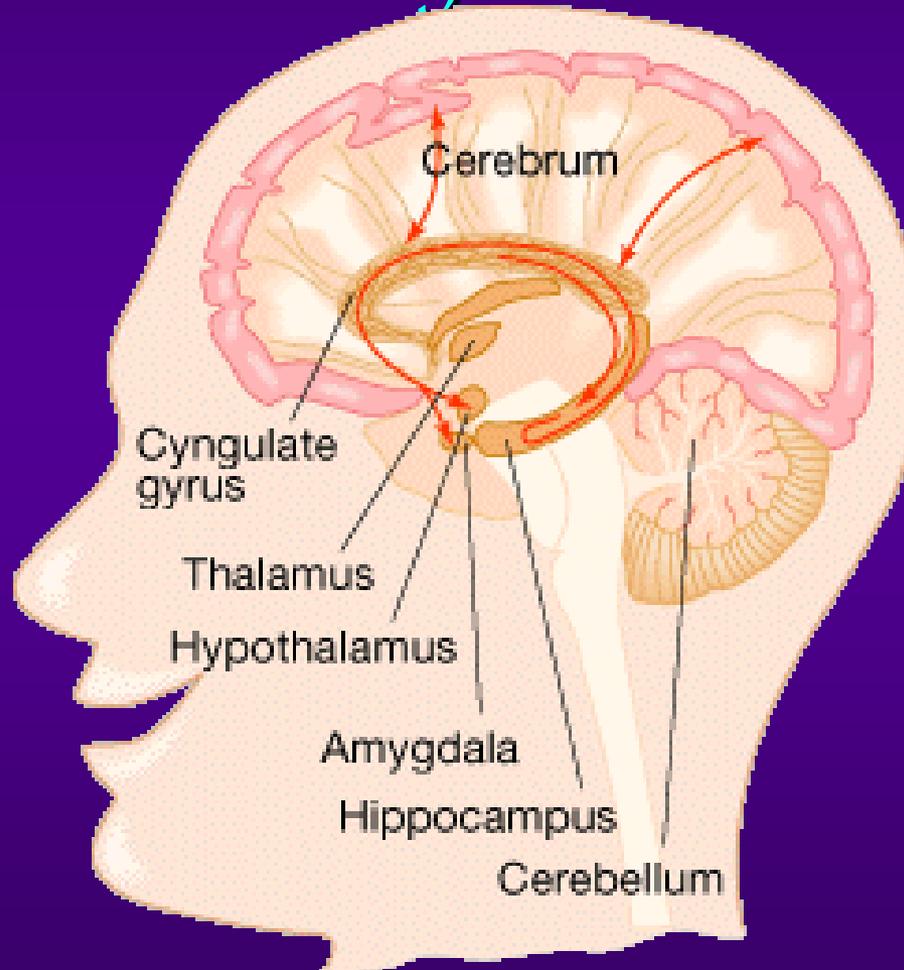




What about Laughter

- u Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

Laughter and the Limbic system







The link between laughter and mental health

- u **Laughter dissolves distressing emotions.** You can't feel anxious, angry, or sad when you're laughing.
- u **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- u **Humor shifts perspective,** allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.



The social benefits of humor and laughter

- u Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment



Using humor and laughter in relationships allows you to:

- u Be more spontaneous.** Humor gets you out of your head and away from your troubles.
- u Let go of defensiveness.** Laughter helps you forget judgments, criticisms, and doubts.
- u Release inhibitions.** Your fear of holding back and holding on are set aside.
- u Express your true feelings.** Deeply felt emotions are allowed to rise to the surface



A MERRY HEART DOETH GOOD LIKE
MEDICINE. PROVERBS 17:22



Walk a
mile in my
shoes





CATHART

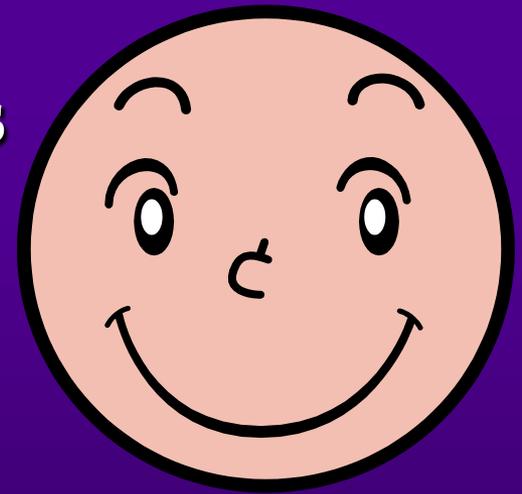
TEARS

LAUGHTER



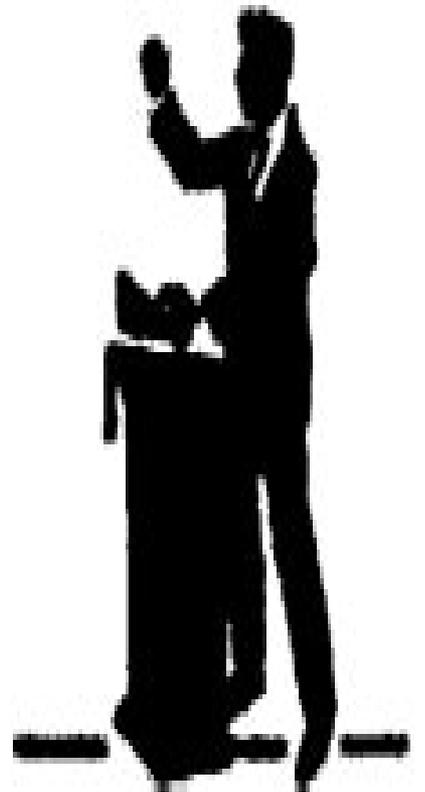
Physical Benefits

- u **Lowers body stress**
- u **Produces calming effect**
- u **Increases immunity levels**
- u **Improves memory**
- u **Enhances creativity**





Humor





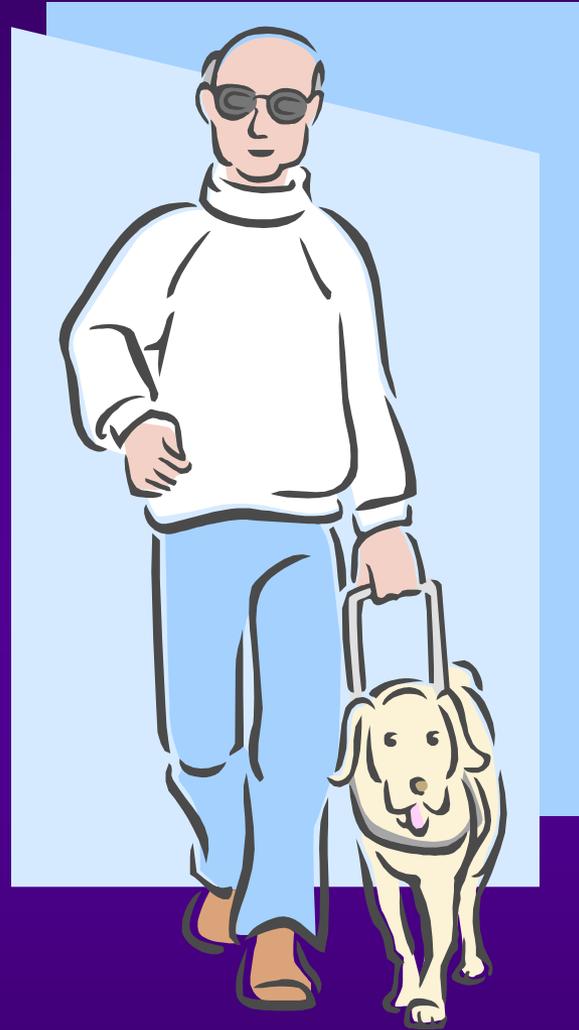
Physical Benefits

- u Releases serotonin
- u Increases oxygen rich blood flow to the brain
- u Enhances respiration
- u Laughter is considered an antidepressant





u Seeing Eye Dog





Physical Benefits con't

- u Increases activity of disease fighting cells (Complement 3)
- u Increases infection fighting proteins in saliva (IGA)
- u Direct correlation between laughter and catecholamine's in the blood
- u Endorphins are nature's built in pain killers (distraction, decrease muscle tension)



Laughter

Pumps the heart

Muscles of the abdomen

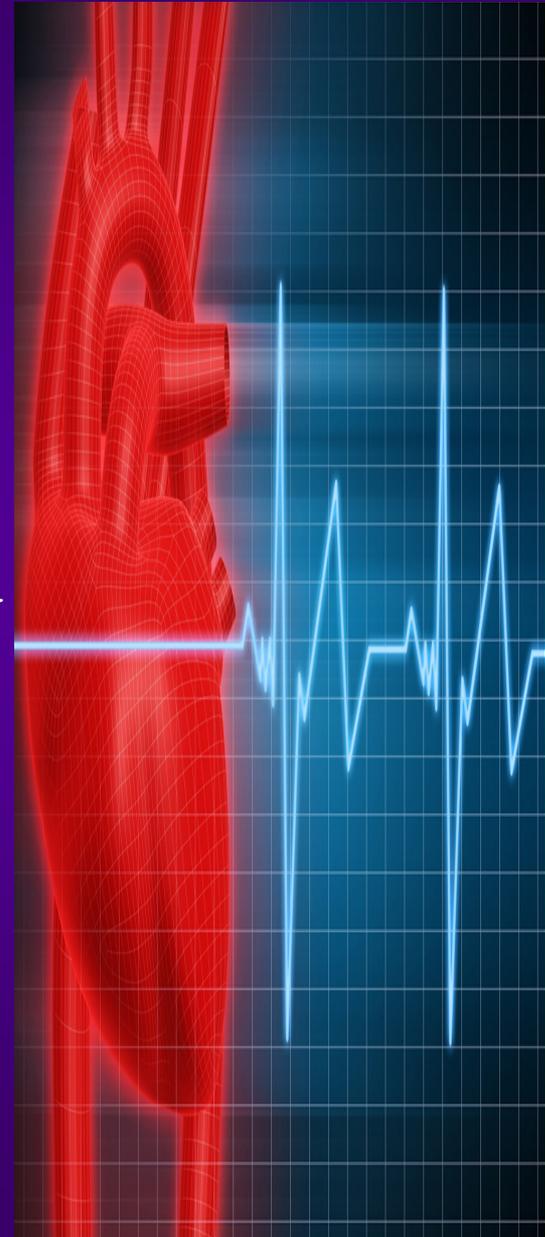
Chest ,shoulder, and neck

Stimulate the brain

Ventilates the lungs

Raises the Heart rate

Restores circulation





Strategies to take care of our needs

- u Physical: Exercise
- u Social: Participate , join organization. Community services. Church activities
- u Mental: Eliminate Stressors.
- u Spiritual: Spend time in the word





Diet and Nutrition

- u - Small Step: Don't pass the salt Did you know that too much sodium can raise your blood pressure and contribute to developing or worsening hypertension, the leading risk factor for cardiovascular disease?





Go to Sleep

u Lack of sleep causes weight gain, depression, wrinkles and a short temper. Try to sleep 8 hours a day, but never ever let yourself get less than 6. Turn off that show you Tivo'd and get some rest!





Get your Blood Pumping

- u **Get Your Blood Pumping.** Everyday, weather permitting, go for a walk for 20-30 minutes. Put the kids in a stroller and load up on bikes. Find another Mommy in the neighborhood to join you for adult interaction. Just a bit of exercise will boost your health, happiness and your bottom!





Pray

- u Researchers have proven time and time again that prayer is strongly associated with lower stress levels. If you are someone who has not tried prayer, I strongly recommend giving it a try.





Tips

u Trust God in All things

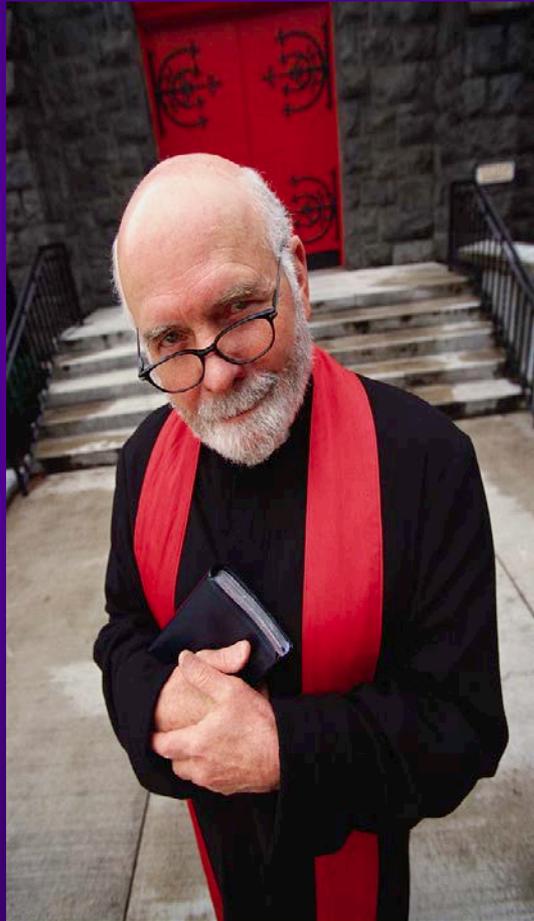
u Give and forgive

u Let your light shine so that men

u May see ...the God in thee

u Don't just encourage yourself
encourage others







Facts About Laughter

- u 10 mins of genuine belly laughter brought 2 hrs of pain free sleep**
- u 1 min. (60 secs) gut busting laughter has the same effects as 25 sit ups**
- u Laughing 100 times /day is the cardiovascular equivalent of 10 mins of rowing**



Tips

**A good sense of humor
combined with faith and
optimism seems to be a
potent force for better
health**



Quiz

- u What makes people happier
 - u Sex
 - u Money





Answer

- u Good news for folks whose bedrooms have more activity than their bank accounts: Research shows that sex is better for your happiness than money. Overall, the happiest folks are those getting the most sex: married people, who report 30% more between-the-sheet action than single folks.





#1



#2





EAT GOOD
LOVE HARD
&
PRAY
THANK YOU



#1



#2







Resources

- u Laughter as medicine
- u Laughter is the "Best Medicine" for Your Heart – Describes a study that found that laughter helps prevent heart disease. (University of Maryland Medical Center)
- u Laughter Therapy – Guide to the healing power of laughter, including the research supporting laughter therapy. (Cancer Treatment Centers of America)



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