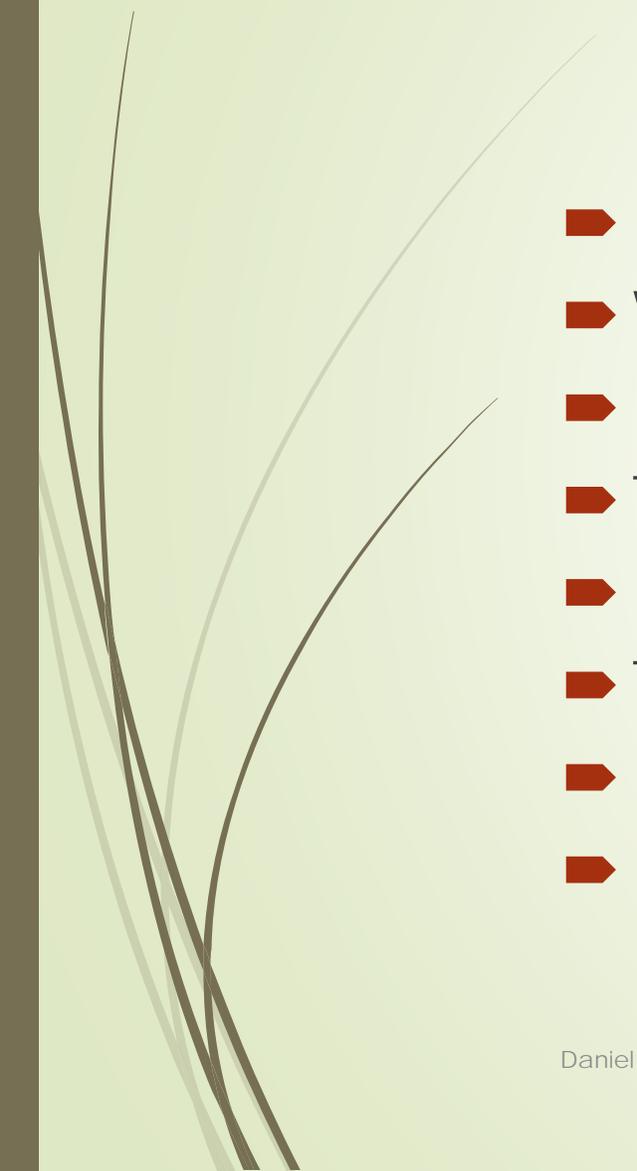




A Gram of Laughter

Daniel Frazier, AA, NREMT-P

- 
- 
- ▶ Paramedic for over 20 years
 - ▶ Worked within NYC EMS system for 14 yrs
 - ▶ Now work in NJ since 2006
 - ▶ Teach EMT's and Paramedics
 - ▶ New Jersey MICP
 - ▶ Tactical Paramedic
 - ▶ Educator
 - ▶ Published articles and research

Why Me



Goals

Be able to understand when and what a sense of humor is and when it is appropriate to use with patients and others EMS co-workers.



Objectives

- What is humor
- How does humor help the patient
- Humor with the patients
- Humor within EMS



Objectives

- Humor and the EMS providers health
- When is humor appropriate



Humor Definition

¹hu·mor

hyü-mər, yü-\

: a funny or amusing quality

: jokes, funny stories, etc., of a particular kind

: the ability to be funny or to be amused by things that are funny

Types of Humor

Slapstick Comedy

- Physical
 - Exaggerated Physical
- Sillier and Simple
- Example
 - Tommy Boy
 - Airplane
 - Family vacation



Fat Guy in Little Coat

Paris, C. (2014, May 16). *udemy blog*. Retrieved from 9 different types of humor:
<https://www.udemy.com/blog/types-of-humor/>

Daniel Frazier, AA, NREMT-P

12/15/2015



Types of Humor



Dry Humor

- Delivery is the Key
- No Emotions

Types of Humor

Self Deprecating

- Belittling oneself
- Bad dates
- Social awkwardness
- Bad habits



Types of Humor

Potty Humor

- Lowest of Humor
- Being Gross
- Making People Cringe
- Poor taste
- Risqué
- Adult comedies





Types of Humor

Satire

- Misunderstood
- Topical
- Smart
- Uses Irony, Sarcasm, and caricature

Types of Humor

Topical Humor

- Based on current events
- Overlaps with other types



Daniel Frazier, AA, NREMT-P

Types of Humor

Parody

- Mocking through Imitation
- Distaste or a tribute
- Uses Sarcasm or Irony



Types of Humor



Gallows Humor

- Dark
- When things are bad
- Laugh at terrible situations
- Shock value

Types of Humor

Surreal Comedy

- ▶ Defying Logic
- ▶ Equate to Slapstick
- ▶ Bizarre
- ▶ Zero in on Ridiculous

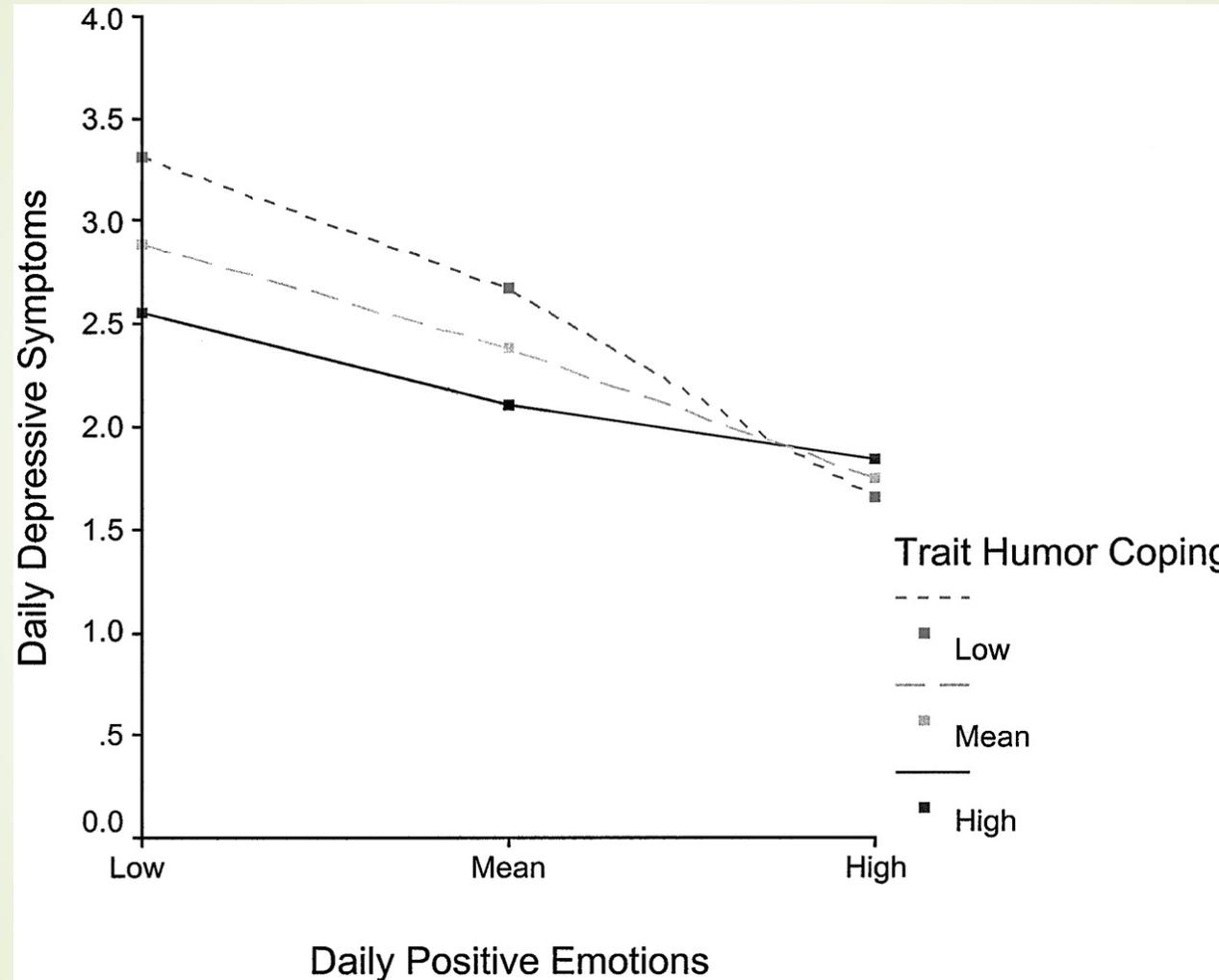




How Humor Helps

- Bereavement
 - Ong study humor was a major player
- Positive life out look
 - Humor plays a role in developing

Relationship between daily depressive symptoms and positive emotions as a function of trait humor coping (high and low were defined as 1 SD from the mean).



Ong A D et al. J Gerontol B Psychol Sci Soc Sci
2004;59:P168-P176



Reduce Stress

- Folkman 1997
- Lefcourt 2002
- Martin 2001

Sense of humor is a coping mechanism



Humor code Peter McGraw and Joel Warner

1. It's not whether or not you're funny, it's what kind of funny you are. Be honest and authentic.
2. If you can't be "ha-ha" funny, at least be "aha!" funny. Cleverness is sometimes good enough.
3. Good comedy is a conspiracy. Create an in-group.
4. Don't be afraid to chuckle at yourself. It signals everything is okay.
5. Laughter is disarming. Poke fun at the stuff everyone's worried about.

- 
- Free floating positive moods motivate people to continue along any line of thinking or action that they have initiated

Clore, GL. Why emotions are felt. IN: Ekman P. ; Davidson., editors. The Nature of Emotion: Fundamental Questions. Oxford University Press; New York: 1994 p. 103-111



Humor in the work place

- Depends on culture
 - More comfortable with co-workers than Bosses
 - Afraid of offending someone
- 



Career Advancement

- ▶ Humor is important for career advancement
- ▶ Executives believe humor is important
- ▶ Do a better job
- ▶ Most desirable humor and work ethic



10 Things

- ▶ People will enjoy working with you
- ▶ Humor is a potent stress buster
- ▶ It is humanizing
- ▶ It puts others at ease
- ▶ Ha + ha = aha



10 Things

- It helps build trust
- It boosts morale
- People who use humor tend to be more approachable
- Humor can allow your company to stand out
- It can increase productivity

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.” – Dwight D. Eisenhower

”





Daniel Frazier, AA, NREML-P

12/15/2015

Roberts, H. A. (n.d.). 1960's man sitting in tree sawing the limb he is sitting on. *All posters*. Retrieved November 14, 2014, from <http://www.allposters.com/-sp/1960s-Man-In-Tree-Sawing-Off-The-Branch-He-Is-Sitting-On->







Laughter

- 1: a sound of or as if of laughing
- 2: *archaic* : a cause of merriment



Scientists Hint at Why Laughter Feels So Good

- [Proceedings of the Royal Society B: Biological Sciences](#)
- Robin Dunbar
- Various test on pain
- Connection to reducing pain



To much may cause harm

- Mirth Study
- Found Many Benefits
- Found there could be deadly results.



Physical Benefits for Laughter

- *Boosts immunity*
- *Prevents heart disease*
- *Lowers stress hormones*
- *Relaxes your muscles*
- *Decreases pain*

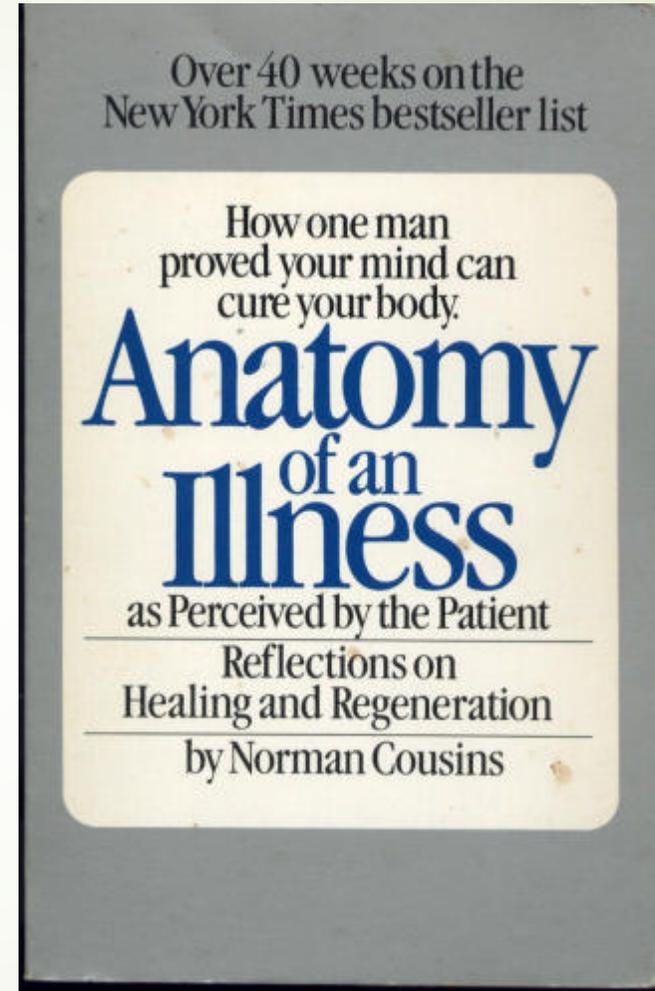


Killer Cells

- 33 women
- Comedy and Tourism
- Blood work
- More killer cells in Comedy



Daniel Frazier, AA, NREMT-P





Hearty laughter is a good way to jog internally without having to go outdoors.

Norman Cousins

Read more at

<http://www.brainyquote.com/quotes/quotes/n/normancous156512.html#RSC1X2a67exgcjtG.99>



Mental Health Benefits

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience



Social Benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding





Patients and Humor

- ▶ Patients feel more comfortable if you are comfortable
- ▶ Feel better with some humor
- ▶ Show respect to the patients



Daniel Frazier, AA, NREMT-P

What's wrong with **death** sir? What are we so mortally afraid of? Why can't we treat death with a certain amount of humanity and dignity, and decency, and God forbid, maybe even humor. Death is not the enemy gentlemen. If we're going to fight a disease, let's fight one of the most terrible diseases of all, **indifference.**"

— Patch



Laughter Therapy

- Dr. Madan Kataria
- Laugh clubs
- Cancer Centers of America
- Does not cure
- Improves outlook







How do EMS Personnel Cope

- Ethnic and sexual
- Gallows Humor
- Sicker the better

Psychology Today Staff. (1993, July 01). *Sick Jokes, Healthy Workers*. Retrieved from Psychology Today:
<https://www.psychologytoday.com/articles/199307/sick-jokes-healthy-workers>



Leadership vs Comedian

- ▶ The funniest in a group is not necessarily the **Leader** of that group
- ▶ Leaders can be humorous
- ▶ Good leaders are able to make fun of themselves
- ▶ To be a good leader you have to realize you are not perfect



Inappropriate Humor

- Discrimination
- Racism
- Sexual orientation
- Making fun of others
- Humor at the expense of others
- Humor at the wrong time



Lift with Humor

- Make a person laugh with you
- Not at the person
- Make them feel good



Be Natural

- ▶ If you have the right sense of humor it will come natural
- ▶ People know when you try and fake it
- ▶ Makes others feel uncomfortable



Make comfortable

- ▶ You are comfortable with a joke.
- ▶ Sometimes just a smile.
- ▶ Be on the same page as your partner.



Gags and Jokes

- A good joke can go a long way for all of us
- Gags can be tricky



Acclimate

- Each situation will be different
- People are different
- Not for everyone

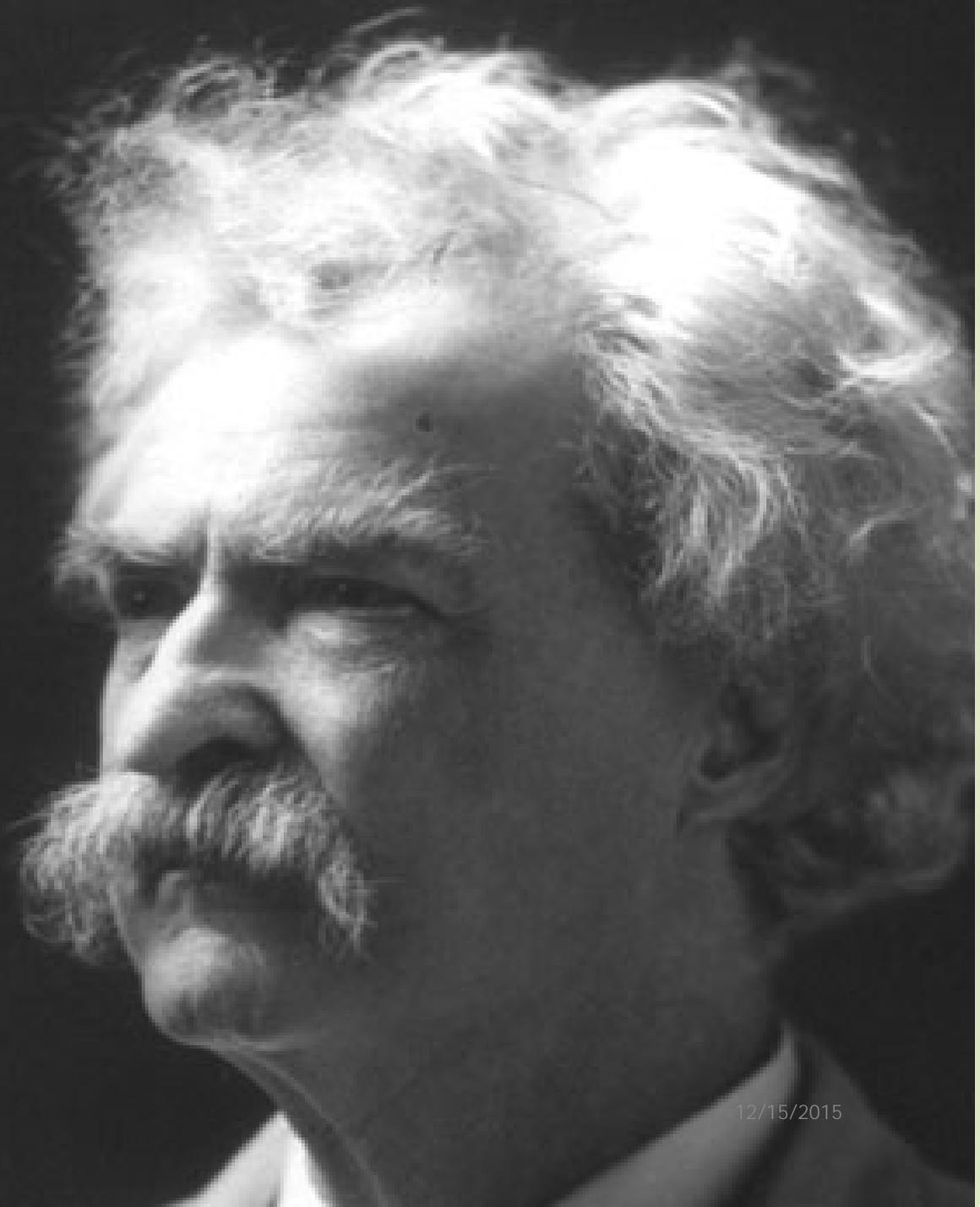


Sarcasm

- In this situation let the patient dictate.
- No insults

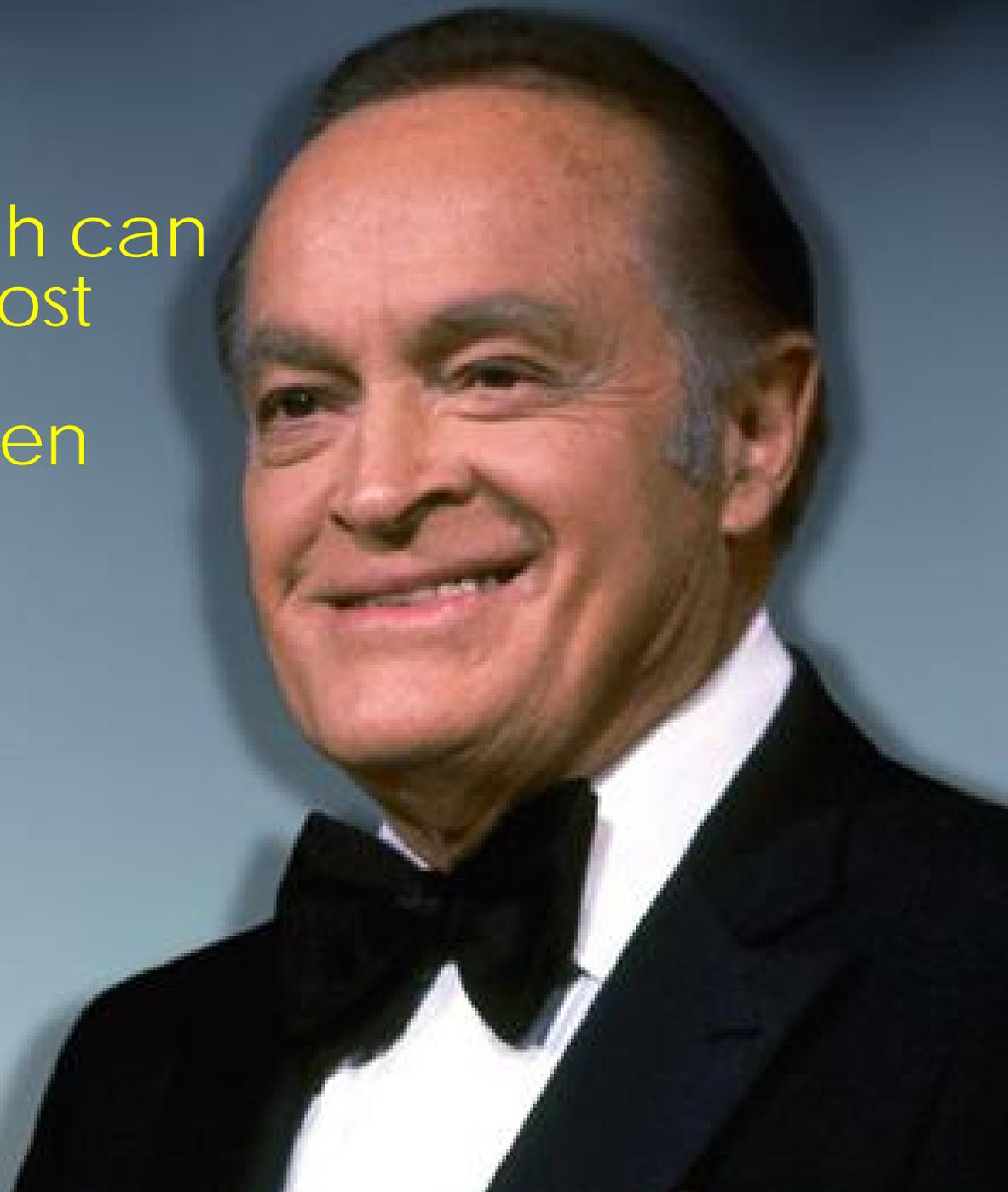
Humor is mankind's
greatest blessing

Mark Twain



I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.

Bob Hope

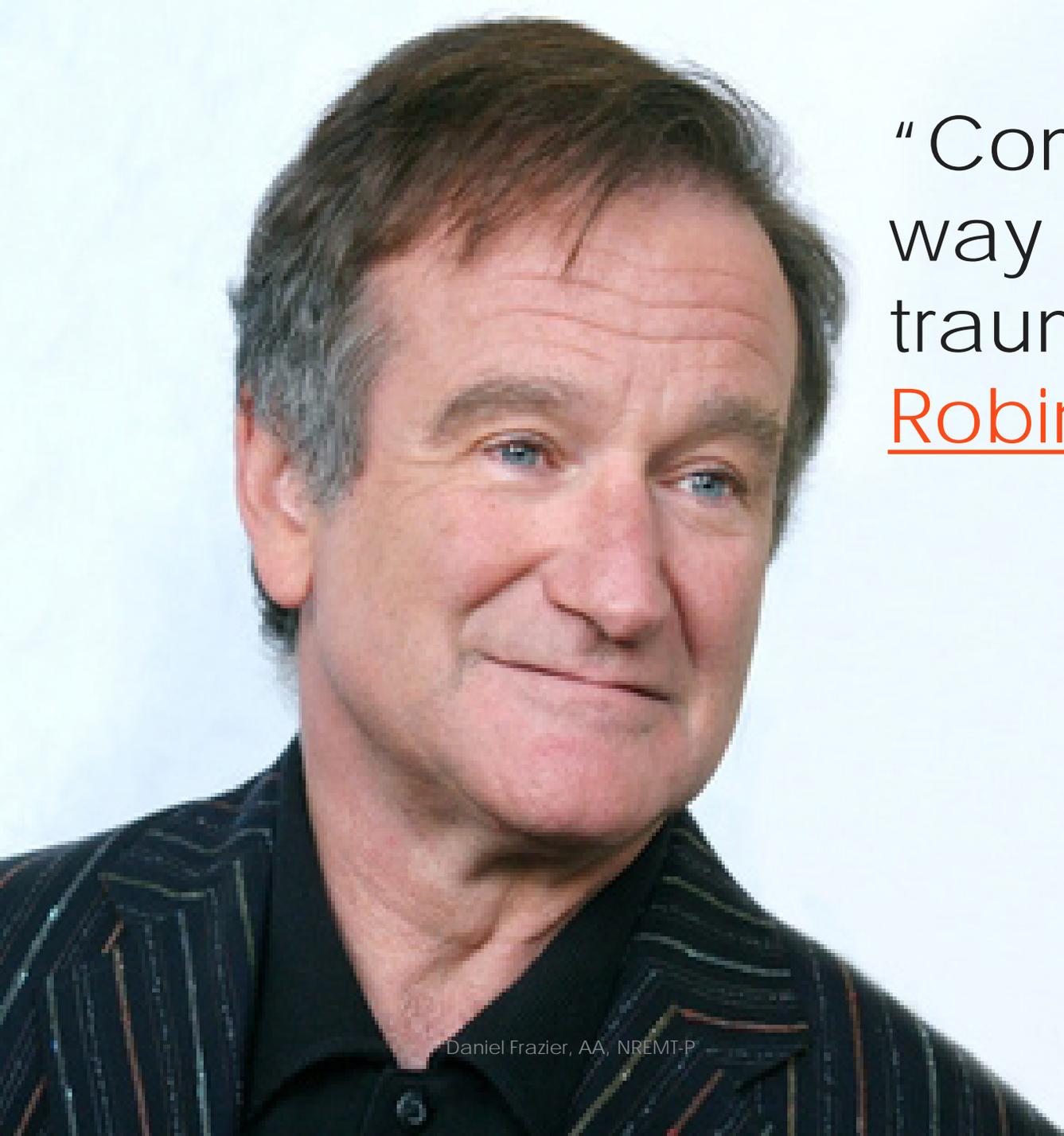






Daniel Frazier, AA, NREMT-P

12/15/2015



“Comedy can be a cathartic way to deal with personal trauma.”

Robin Williams



You Aren't Funny But Want to Be

- Never make fun of an individual to get laughs
- Know the situation
- Know when to stop the Humor
- Don't fake it
- Know what others think



You Aren't Funny But Want to Be

- Don't force being funny
- Adjust your environment
- Play pretend
- Look for Humor
- Know what kind of humor you like



Guidelines to Improve Yourself

- ▶ Hangout with people that have a sense of humor
- ▶ Don't worry about being funny
- ▶ Laugh with others not at them
- ▶ Like your laugh



The one thing I would like you to
take away from this is

Everyone needs to
laugh



Summary

- What humor is
- When to use it
- What is appropriate
- Effects of Laughter

A close-up photograph of a baby laughing joyfully with its mouth wide open and hands clapping. The baby is wearing a white onesie. The background is a soft, out-of-focus light color.

“If laughter is
the best
medicine, let's
OD together.”



Daniel Frazier, AA, NREMT-P

df2867@gmail.com

347-992-2201

CNCA Health. (n.d.). Retrieved from How Laughter Boosts Your Immune System, Reduces Stress and More: <http://www.cncahealth.com/explore/learn/mind-body-health/how-laughter-boosts-your-immune-system-reduces-stress-and-more>

Gorman, J. (2011, September 13). Scientists Hint at Why Laughter Feels So Good. *New York Times*, p. A14.

Merriam-Webster Dictionary. (2014, November 13). *Merriam-Webster Dictionary*. Retrieved from Merriam-Webster Online Dictionary: <http://www.merriam-webster.com/dictionary/humor>

Merriam-Webster's Dictionary. (2014, November 13). *Merriam-Webster Dictionary*. Retrieved from Merriam Webster Dictionary: <http://www.merriam-webster.com/dictionary/laughter?show=0&t=1415921490>

Myatt, M. (2012, April 12). *8 Tips for Using Workplace Humor*. Retrieved November 14, 2014, from Forbes.com: <http://www.forbes.com/sites/mikemyatt/2012/04/12/8-tips-for-using-workplace-humor/>

Paris, C. (2014, May 16). *udemy blog*. Retrieved from 9 different types of humor: <https://www.udemy.com/blog/types-of-humor/>

R E Ferner, J. K. (2013, December 12). *Laughter and MIRTH (Methodical Investigation of Risibility, Therapeutic and Harmful): narrative synthesis*. Retrieved from The BMJ: <http://www.bmj.com/content/347/bmj.f7274>

Roberts, H. A. (n.d.). 1960's man sitting in tree sawing the limb he is sitting on. *All posters*. Retrieved November 14, 2014, from http://www.allposters.com/-sp/1960s-Man-In-Tree-Sawing-Off-The-Branch-He-Is-Sitting-On-Posters_i8654184_.htm

Ong A D et al. *J Gerontol B Psychol Sci Soc Sci* 2004;59:P168-P176

Dale A. Lund PhD, R. U. (2008, February 23). *Humor, Laughter & Happiness in the Daily Lives of Recently Bereaved Spouses*. 2008; 58(2); 87 -105. Utah, USA: Omega (Westport). Retrieved February 12, 2015