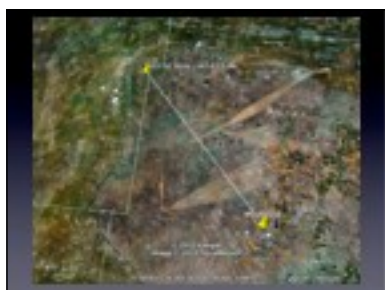
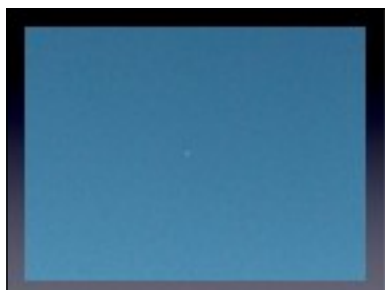


Can We Learn From Humor?

James H. Williams, A.S.S. PREMT-P, LC





Objectives

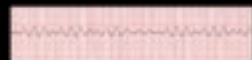
- Identify the benefits of humor in our profession
- Identify appropriate use of humor
- Lesson's learned from humor

Where is it found?

Everywhere

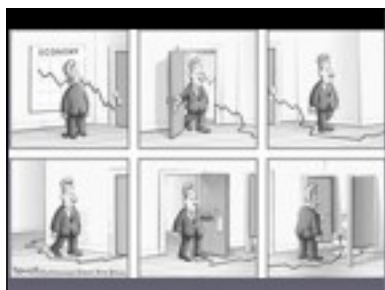


CREATIVITY TRAINED TO MEDICARE REQUIREMENTS



V-FIB

GODS CONTROL/ALT/DELETE





GALLOWS HUMOR

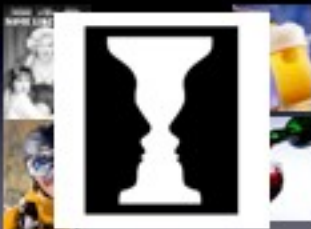
It's what gets our service people through another day.
Maybe there just. And there.

What Is Humor?

Merriam-Webster:

- that quality which appeals to a sense of the ludicrous or absurdly incongruous
- the mental faculty of understanding, expressing, or appreciating the ludicrous or absurdly incongruous
- something that is or is designed to be comical or amusing

Based on Perception



We Do Need Humor!

- Humor is infectious
- It binds people together
- It increases happiness
- It is a powerful antidote
 - Stress
 - Pain
 - Loneliness
- It triggers healthy changes in the body

We Do Need Humor!

Health Benefits	Mental Benefits	Social Benefits
Boosts immunity	Adds joy and zest to life	Strengthens relationships
Lower blood pressure	Exerts anxiety and fear	Attracts others to us
Lower stress hormones	Relieves stress	Enhances teamwork
Decreases pain	Improves mood	Helps to defuse conflicts
Prevents heart disease	Enhances resilience	Facilitates group bonding

We Do Need Humor!



WHO SHOULD WE BE USING HUMOR WITH?

Using Humor



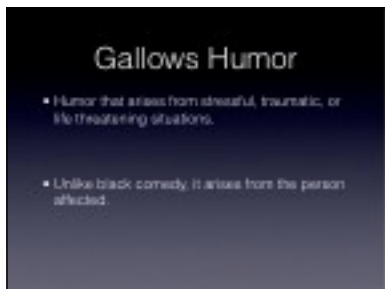
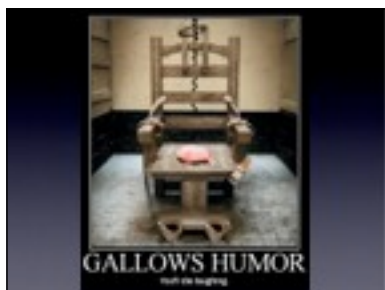
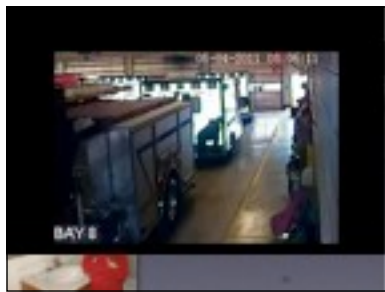
Using Humor



Using Humor



Laugh at yourself



"The ego refuses to be disturbed by the provocations of reality, to let itself be compelled to suffer. It insists that it cannot be affected by the traumas of the external world. It shows, in fact, that such traumas are no more than occasions for it to gain pleasure" – Sigmund Freud



How Long Has It Been Around?



Romeo and Juliet

Romeo: "Courage, man: the hurt cannot be so much."

Mercutio: "No, I must see sleep as a well, not as a hole as a church-door, but too enough, 'twixt some, ask for the tombstone, and you shall find me a good one."

How Long Has It Been Around?

Sir Thomas More on his way to execution:

"I pray you, Mr. Lieutenant, see me safe up; and for my coming down, let me shift for myself!"



"Hey, fellas! How about this for a headline for tomorrow's paper? 'French Fries.'"

Madeline Jones French - 1988



Fire

EMS

Is there a place?

- Obviously yes!
- It helps to relieve tension around the station.
- Remember the Health Care Bill!
- IT MUST BE APPROPRIATE!!

Is There Never a Place?

- Obviously yes!
- In view of the public.
- Documentation

Good Documentation?

- | | |
|-----------------------------------|------------------------------------|
| • ADR - Ain't Doin' Right | • ART - Assuming Room Temperature |
| • ART - Assuming Room Temperature | • EMD - Early Morning Discovery |
| • AGA - Acute Gravity Attack | • FTD - Fain To Die |
| • CC - Cancel Christmas | • HVT - High Velocity Last Therapy |
| • CPR - Can't Possibly Recover | • SAG - Sicker Than Stew |
| | • WML - We Never Locked |

Is There Never a Place?

- Obviously yes!
- In view of the public.
- Documentation
- Potential legal ramifications
 - Hazing
 - What about the internet?

BUT CAN WE LEARN FROM IT???

Remember the Situation!



Peoples Perceptions!



Others Reactions



Coworkers Trust Us



Things Are Not What They Appear



People Trust the Uniform!



Everyone Has Their Own Beliefs



Even Patients Can Have Fun!



Always Assess and Get a History!



Always Expect the Unexpected!



Be Respectful!



Don't Rely 100% on First Impressions



Know the Limits!



Look Before You Leap!



The Mind is a Powerful Thing

A clear glass bottle of Tanqueri No. 1 Vodka with a white label and a red and blue design. The label features the brand name 'TANQUERI' and 'No. 1' prominently. The bottle is centered against a dark blue gradient background.

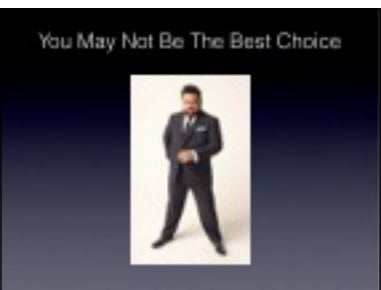
Regardless, It's Their Emergency

A meme featuring Alan Smithee, a character from the movie "The Godfather Part II", holding a glass. The text overlay reads: "TIS THE SEASON TO PLOP PLOP PLOP PLOP FAST FAST". The name "ALAN SMITHEE" is visible at the bottom of the image.

Sometimes We Can't Help Ourselves



You May Not Be The Best Choice

A man in a dark suit and tie stands with his hands in his pockets, looking directly at the camera. He is standing on a light-colored surface against a plain white background.

People Will Find A Way to Get to You



Always in the Public Eye



If It's Broke, Fix It!



The Public Has Faith in Us



Our Mission is Expanding



We Are Always In the Public Eye



Summary

- Humor is a tool
- Station kitchens provide us an opportunity to learn
- Watch your surroundings
- Always Be Professional

Thank You

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