

Laugh Will and Testament

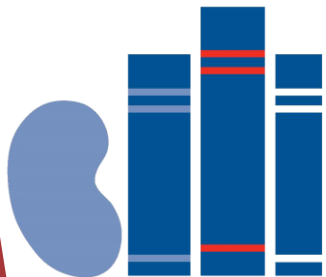
Two mental health and laughter experts share how humor can help us think about the last part of our lives as we enjoy living our present lives

This webinar, which will start shortly, will be recorded and slides will be available at www.dpcedcenter.org

Next webinar: November 15th at 2:00 pm Eastern
Medication Use and the Role of the Pharmacist

Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program
- Join us November 15th for ***Medication Use and the Role of the Pharmacist***

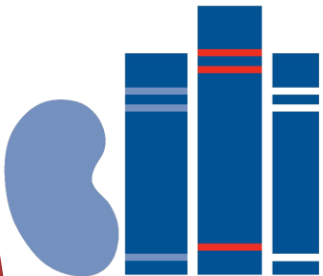


Enlightening Discussion by Mental Health and Humor Experts

Joel Schwartz



- Psychiatrist
- Laughter therapist
- On the Top Docs' list of Philadelphia magazine several times
- Author of 8 books



Steve Wilson



- Psychologist and humorist
- Laughter therapist
- Founder and Director of World Laughter Tour
- Member of the DPC Education Center Advisory Council



Using humor to think about chronic illness so you can enjoy the rest of your life.



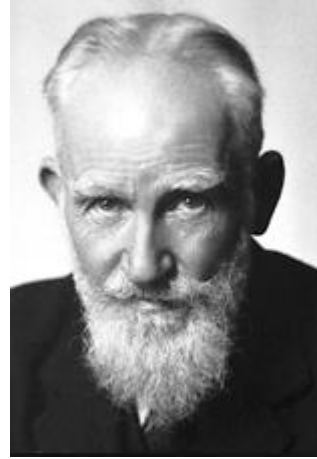
Which way are you going?



What was Unspeakable



“Her lips near my
ear,
Aunt Sadie whispers
the name
Of her friend’s
disease.”



“Life does not cease to be funny
when people die any more than it
ceases to be serious
when people laugh”.

George Bernard Shaw



Maybe you can take it with you.



3 KEY POINTS

Thinking about chronic illness isn't easy...

It's not disrespectful to be creative
or even funny...

Positive daily emotions can be protective...

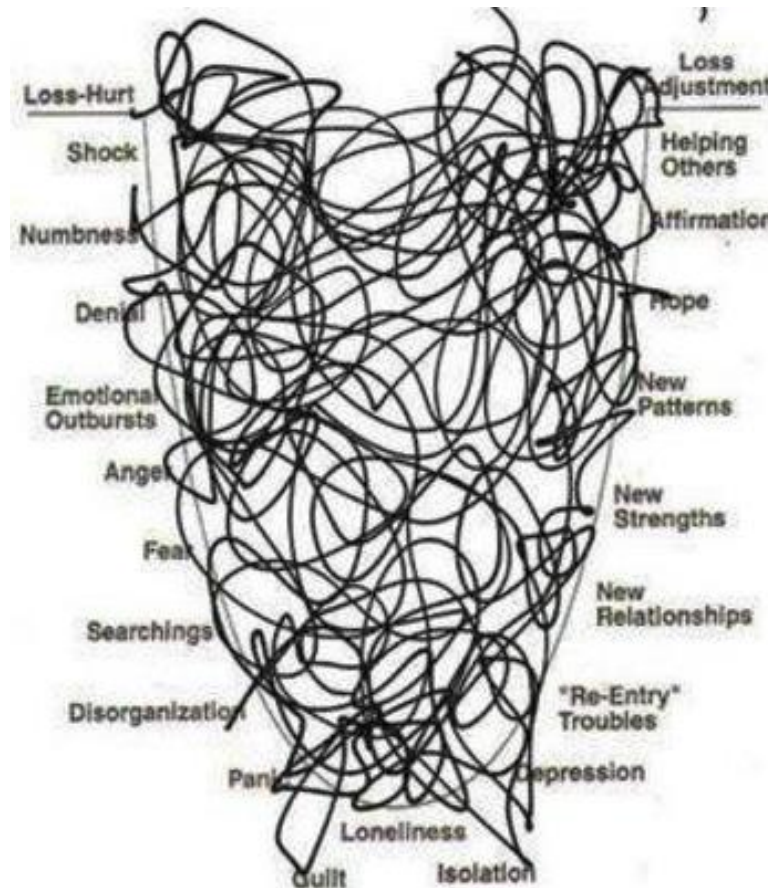
Humor allows us to cope with the difference between life the way it's portrayed in the textbooks, and how we really experience it.

Adjustment to Chronic Illness in THEORY



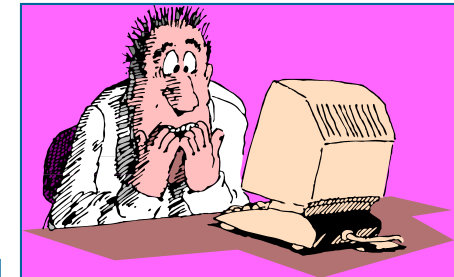
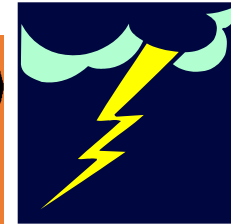
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Adjustment to Chronic Illness in REALITY!



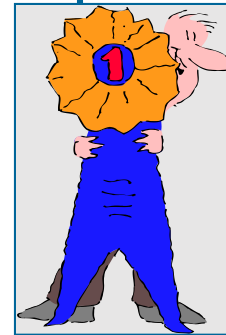
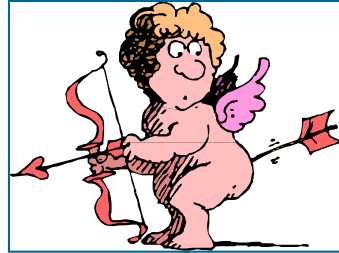
Negative Emotions Contribute to Illness

- Anger
- Judgmentalism
- Jealousy
- Self-pity
- Mean-spiritedness
- Guilt
- Worry/Fear/Anxiety
- Boredom
- Depression
- Resentment
- Stress/tension/tired



Positive Emotions Contribute to Wellness

- Love
- Support
- Trust
- Recognition
- Celebration
- Festivity
- Sense of purpose
- Accomplishment
- Relaxation



Let's Clear Up Some Misconceptions

- ✓ You are not born with a sense of humor
- ✓ Sense of humor is not telling jokes
- ✓ You don't need a reason to laugh
- ✓ You don't laugh because you feel good
- ✓ You can be both serious and humorous



When it's hard to cope, we need both tears and laughter.



Humor and laughter remind us that we live in the here and now...

"CARPE the heck out of this DIEM"

"Don't postpone joy!"

"Gather ye rosebuds while ye may."



ACTUAL NOTICES FROM CHURCH BULLETIN BOARDS



This afternoon there will be meetings in the north & south ends of the church. Children will be baptized at both ends.

For those of you who have children and don't know it, we have a nursery downstairs.

This being Easter Sunday, we will ask Mrs. Green to come forward and lay an egg on the altar.

This afternoon the Ladies Liturgical Society will meet. Mrs. Johnson will sing "Put Me in My Little Bed" accompanied by the reverend.

Actual Newspaper Headlines



Drunk Gets Nine Months in Violin Case

Prostitutes Appeal to Pope

Panda Mating Fails; Veterinarian Takes Over

Local High School Dropouts Cut In Half

Miners Refuse to Work After Death

Chef Throws His Heart Into Helping Feed Needy

Include Your Children When Baking Cookies

The Serenity Prayer (long version)

*God, grant me the serenity to accept the things I
cannot change,*

*The courage to change the things I can,
And the wisdom to know the difference.*

The Serenity Prayer (short version)

Lighten Up!

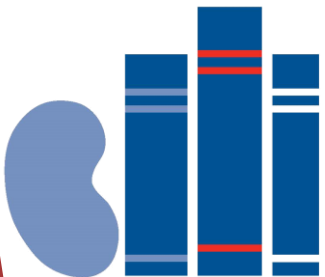


Making it easier to talk about things that are hard to talk about.



1-800-NOW-LAFF

Any Questions?



Thank You for Attending Today!

Please complete
Feedback Form



**Join us for the November 15th Webinar:
Medication Use and the Role of the
Pharmacist**

