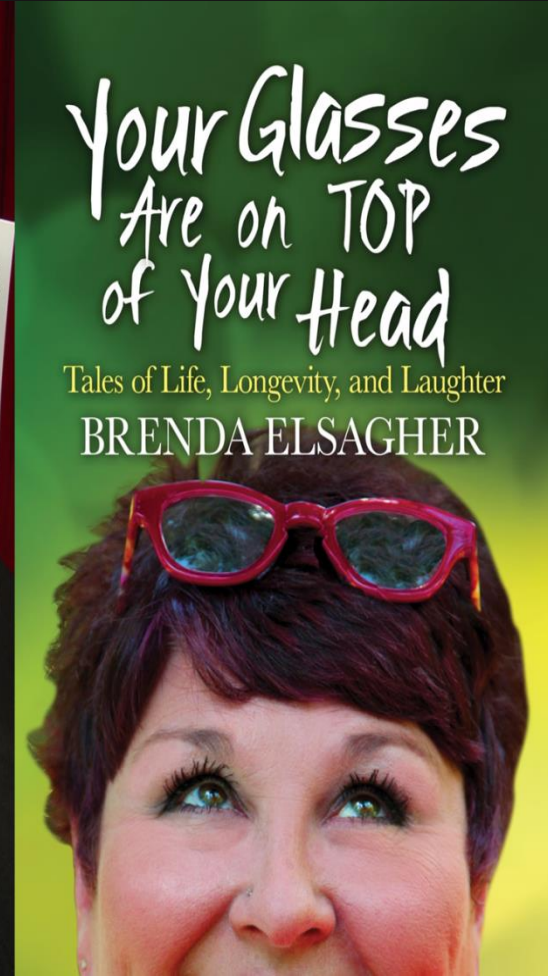


# Administration Professionals Conference



*Brenda Elsagher LRF,*

## TODAY'S OBJECTIVES...

- ❖ Why humor leads to better communication with coworkers.
  - ❖ *Identify benefits of humor.*
  - ❖ *Exercises to understand how humor can affect a physiological difference.*
-

# GETTING TO KNOW YOU

- Share what recently made you laugh...
  - Or Share a funny thing that happened at work...
-

# THE SCIENCE BEHIND LAUGHTER...

- Facilitates digestion.
- Increases antibodies fighting upper respiratory infections.
- Improves memory.
- Improves communication.
- Kicks your immune system into high gear.
- Laughter is often a powerful distraction from pain.

*Lee Berk, PhD, Loma Linda University, CA*

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# LAUGHTER YOGA WITH A TWIST

- *Ha, Ha, Ha,*
- *Ho, Ho, Ho,*
- *He, He, He*
- Snort!



# HEALTH BENEFITS OF LAUGHTER

- “Laughter triggers the expansion of blood vessels with the interplay of endorphins, the neurochemical nitric oxide, and the inner lining of our blood vessels. This aids in lowering our blood pressure which increases blood flow, reduces vascular inflammation, dilates the bronchial tubes, and reduces the buildup of cholesterol plaque.” ... And that’s just the beginning!



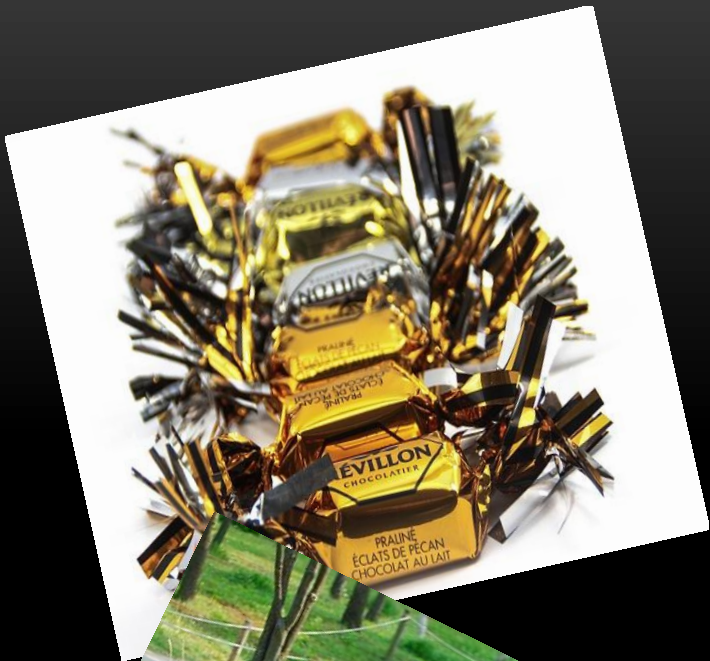
- *Heal your Heart*, Cardiologist, Dr. Michael Miller

WHAT BOSSES FEEL ABOUT THEIR  
ADMINISTRATION PROFESSIONALS BUT  
SOMETIMES FORGET TO TELL THEM...

*I can't do my job as well  
without you! THANK YOU!*

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DAD WISDOM:

- Work Hard,  
Smile Pretty
-

# PRESIDENT ABRAHAM LINCOLN HANNAH

