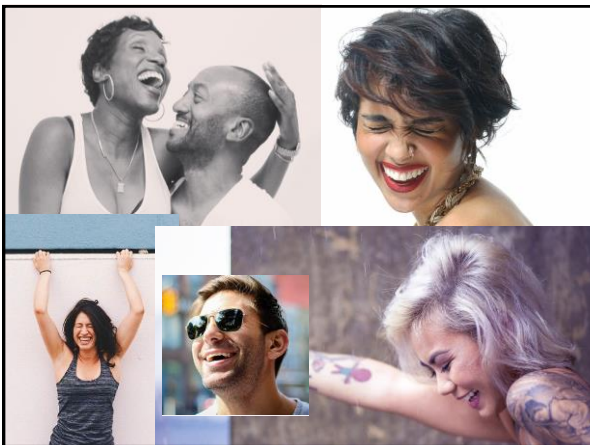


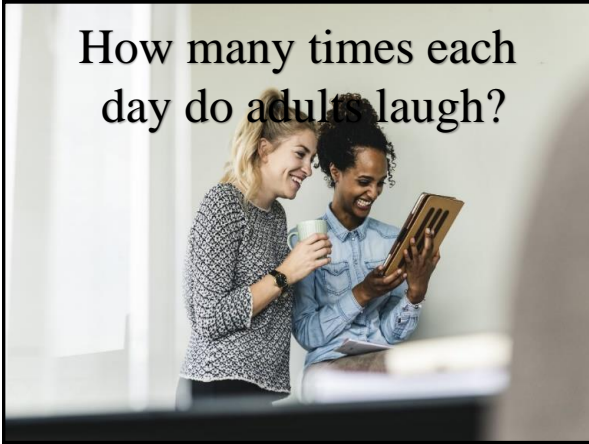


The Power of Laughter!



“
Laughter is the shortest distance
between two people.
”
Victor Borge

How many times each day do adults laugh?



Laughter helps you stay present.



YOU ARE HERE!



Cortisol



Benefits to Laughter

- Helps You Live Longer
- Boosts Your Immune System
- Relieves Pain
- Reduces Depression
- Boosts Relationships
- Social Connection Improves
- Internal Workout
- Improves Your Breathing
- Helps You Lose Weight
- Protects your Heart



The Brain Doesn't Care!



Laughter vs Humor



But first; *a selfie!*






Therapeutic Humor:

Use of humor to help people heal and reduce emotional strain from painful thoughts or feelings.



Why Therapeutic Humor



Approximately **1 in 5** American adults are diagnosed with a mental disorder in a single year.

Almost half of all American adults will experience a mental health challenge at some point over the course of their lifetime.



”

The next best thing to solving a problem is finding some humor in it.

”

Frank A. Clark

I went all the way to Ireland and all that I got was:



”

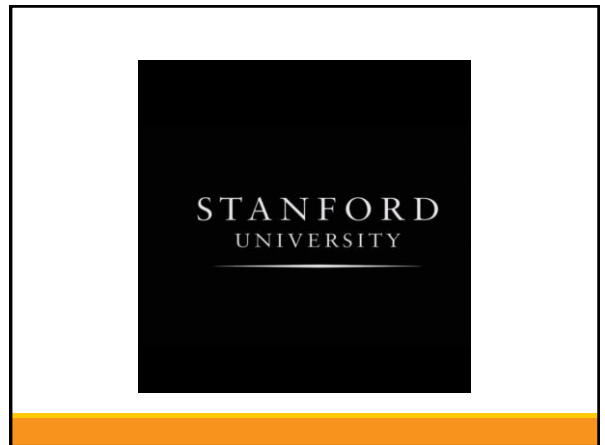
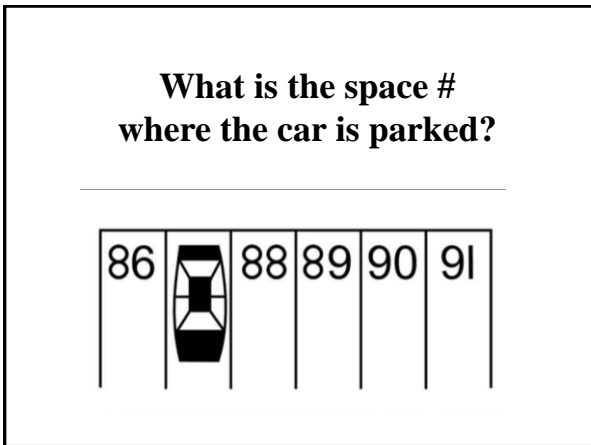
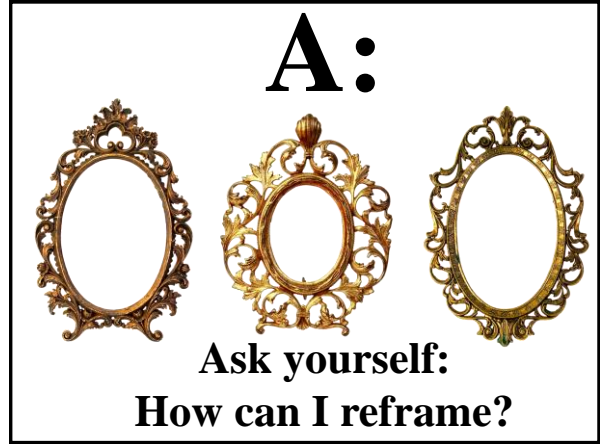
Laughter rises out of tragedy, when you need it the most and rewards you for your courage.

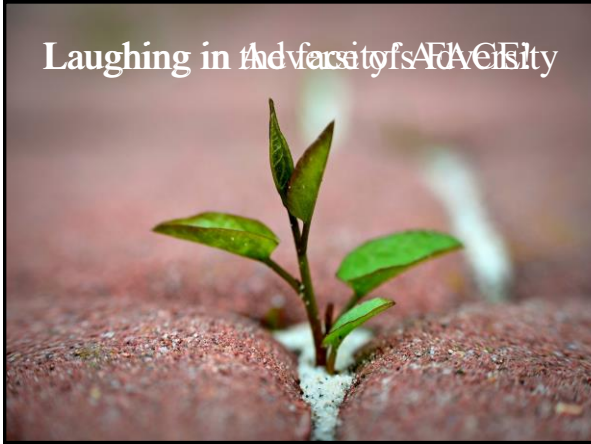
”

Erma Bombeck

Learn
Ask
Uncover
Get into it
Help

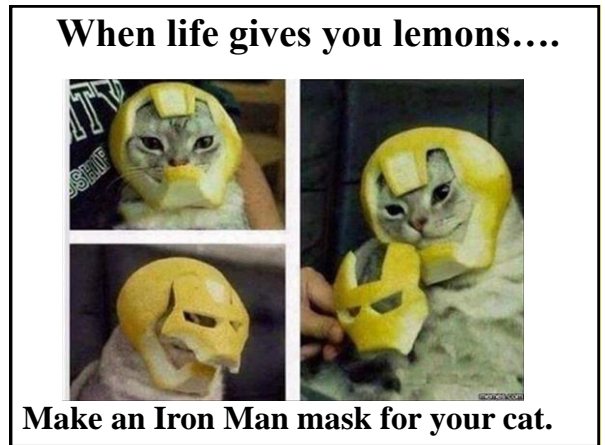
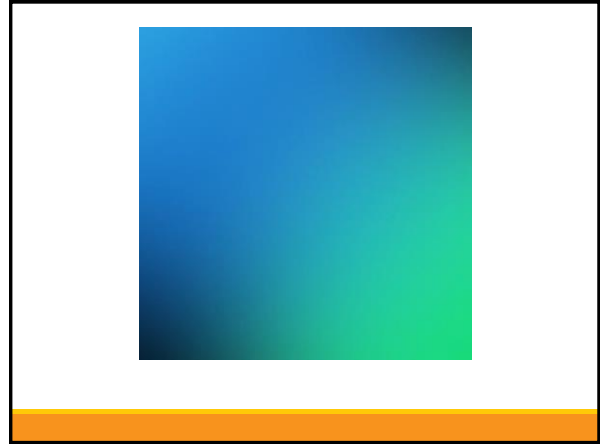
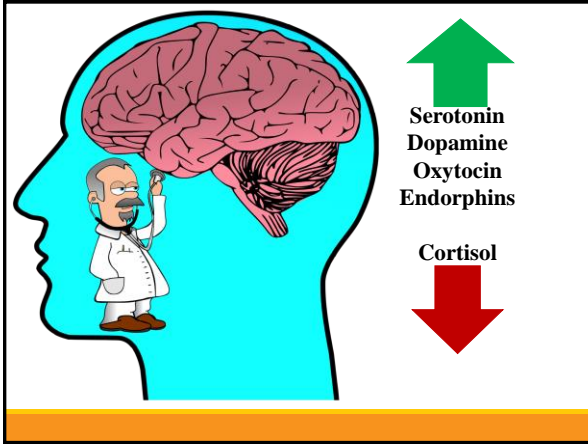






Caption THIS!





**PREVENTION
INSIGHTS**
AT THE INDIANA UNIVERSITY SCHOOL OF PUBLIC HEALTH


SCHOOL OF PUBLIC HEALTH
INDIANA UNIVERSITY
Bloomington

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