

Stress Management

Through The Use Of Laughter and Humor

Updated: July, 2013



Research suggests that laughter has a therapeutic value. It may reduce mind-body stress, energize us, and increase attention. Laughing feels good physically and emotionally.

Enclosed is a list of books and online resources on the possible benefits of laughter for stress management in hopes of assisting to decrease stress for you or a loved one.

Reading Resources:

What is so Funny about Diabetes

What is so Funny about Heart Disease

Karyn Buxman, RN

**It All Starts With a Smile: 7 Steps to Being Happier
Right Now**

Clifford Kuhn, MD

Humor: The Lighter Path to Resilience and Health

Paul McGhee, PhD

**Humor: As Survival Training for a Stressed-Out
World: The 7 Humor Habits Program**

Paul McGhee, PhD

**Using Humor to Maximize Learning- The Links
Between Positive Emotions and Education**

Mary Kay Morrison

Chemorella (Quimiorela)

Katy Franco & Ken Phillips

**The Jester Has Lost His Jingle (with an afterword by
Maurice Sendak)**

David Saltzman

**Noses are Red: How to Nurture Your Child's Sense
of Humor**

**To Pee or Not to Pee: The Prostate for the Common
Man**

Joel Schwartz, MD

Good-Hearted Living

Steve Wilson

Compassionate Laughter: Jest for Your Health

Patty Wooten, RN

kp.org

This guide provides information on available resources, including many that are not directly affiliated with Kaiser Permanente. Please be sure to verify as information is subject to change.

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Websites:

The Association for Applied and Therapeutic Humor

www.aath.org

- AATH is an organization that promotes research, education and the application of humor in education in Health Care

Humor Matters

www.humormatters.com

- Dedicated to education, information and finding resources for therapeutic humor to help live a longer and happier life

National Humor Month

www.humormonth.com

- Education, history and resources focusing on humor

The Humor Project

www.humorproject.com

- Dedicated to helping people get more “smileage” out of their lives and jobs by applying the practical, positive power of humor and creativity

The International Society for Humor Studies

www.hnu.edu/ishs

- A professional organization dedicated to the advancement of humor research

The Laughter Arts and Sciences Foundation

www.laughterfoundation.org

- Advocates and provides education, training, public awareness and research regarding the value of laughter, humor and mirth

World Laughter Tour

www.worldlaughtertour.com

- Resources, education and training on the benefits of laughter for health

DVD:

Humor Your Stress:

Just for the Fun of it with Loretta Roche

Other:

Kaiser West Los Angeles
Social Medicine Department
Diane Roosth, LCSW
(323) 857-2329