

Finding the Funny in Change

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Humor Works

“Your Emotions Inside
Affect Your Energy Outside
Which in Turn Affects
Those Around You”

Cesar Millan

Why Humor????

- ▶ It Introduces You and Makes You Approachable
- ▶ Connects You to Others
- ▶ Diffuses Tense Situations
- ▶ Breaks the Ice on Tough Topics
- ▶ Gives You a Short-Term Mental Win
- ▶ Makes You More Creative
- ▶ It's Healthy

Health Benefits

**WHAT DOES IT FEEL LIKE
WHEN YOU LAUGH?????**

Health Benefits

WHEN YOU ARE STRESSED. . .

- ▶ Blood Vessels Constrict Decreasing Blood Flow – Susceptible To:
 - ▶ Heart Attack
 - ▶ Stroke
 - ▶ High Blood Pressure
 - ▶ Heart Palpitations
- ▶ Cortisol Levels Increase, T-cells Decrease, Weakening Immune System
- ▶ Breathing Is Shallower
- ▶ You Can Experience. . . Headaches, Back Pain, Stomach Upset, And Sleep Problems

Health Conclusions

LAUGHTER. . .

- Raises Endorphins
- Boosts Our Immune System
- Increases Blood Flow
- Boosts Levels Of Good Cholesterol
- Causes Deeper Breathing
- And It Even. . . Burns Calories. . .

Laughter and Your Weight

RESEARCHERS AT VANDERBILT UNIVERSITY:

-90 people watch comedy video clips:

There's Something About Mary & Saturday Night Live.

CONCLUSION:

-Laughing burned about 1.3 calories per minute—about 10 to 20% more than in a calm state. That's the same as doing some light indoor gardening???

Laughter and Your Weight

On Diane Sawyer's show, Dr. Richard Besser addressed laughter & health by saying 15 minutes of laughter = 30 minutes of aerobic activity "and if you can laugh while on the treadmill, that's even better."

Health Benefits

LOMA LINDA RESEARCHERS ALSO FOUND. . .

- **Just Anticipating Laughter Is Good**

AND . . .

- **Silent Laughing Is Good Too**

AND NOW OTHER RESEARCHERS ARE FINDING

- **Laughing When There's Nothing to Laugh About is Good**

Introducing....

LAUGHTER YOGA

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Health Conclusions

AND THIS MEANS. . . .

- LESS PAIN
- LESS STRESS
- LESS WEIGHT
- LESS HEALTH PROBLEMS

Yet We Spend

- **MILLIONS A YEAR ON GYMS/SPAS**
- **BILLIONS A YEAR ON TREATMENTS/WEIGHT LOSS PRODUCTS**
- **TRILLIONS A YEAR ON HEALTH CARE**

Use Humor to Change The Energy

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

**Put Yourself In The Other Person's Shoes,
And Say What Their Sarcastic Voice
Is Thinking**

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

- Tense, Not Hostile
- Don't Use It When You're Angry
- Doesn't Have To Be Belly Laugh Funny

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

Quick Survey: How Many People Think . . .
Good News/Bad News

Top Lists

- ▶ Top Things You'd Rather Be Doing
- ▶ Top Ways To Deal With This Issue
- ▶ Top Reasons We're Here
- ▶ Top Signs We Need This Meeting
- ▶ Top People . . .

Label Like a Comedian

Remember When Eggs Were Bad And Asbestos Was Good?

On May 9, 1911, *The Colorado Springs Gazette* referred to asbestos as "The Mineral of Safety And Comfort".

It is estimated that the cleanup effort may cost \$100 billion. More than 733,000 structures, or 20% of U.S. commercial and public properties, are believed to contain asbestos.

Remember Y2K????

Y2K panic set-in before the millennium and experts predicted that millions of computers would crash at midnight.

Great Quotes of Visionaries

**“Life Does Not Make
Sense Until You Look
At It Backwards”**

Steve Jobs, Apple

Re-Focus Like a Comedian

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Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Find Contradictions And Inconsistencies
Between Things

Kids do this all the time. . .

Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Activities

Location

Volunteering

Agenda

Give-Aways

Decorations/Food

Past Events

Company Name

Demographics

Community

Products & Services

Temperature

Room Set-up

News

Time of the Year

People

Extreme Solutions

**How Would I Solve This
If I Could Solve It
Any Way I Want?**

Extreme Solutions

What are some of your changes and/or headaches?

- ▶ **Budgets**
- ▶ **Paperwork/Documentation**
- ▶ **Getting Volunteers to Volunteer**
- ▶ **Health Care Reform**
- ▶ **Keeping Volunteers Happy**

Extreme Solutions

Health care is getting their funding cut, so we've come up with alternatives to helping the elderly:

- Propose “take your GRANDAD to work” day
- Start the new *MedicareMatch.com* to match people who need housing with people who have housing.
- Implement “congressional babysitting day” - all politicians who vote for cuts will have to volunteer doing home care one day a month

Extreme Solutions

What are some **Extreme Solutions** to stopping squabbles?

- ▶ Put in a boxing arena and let 'em duke it out.
- ▶ Charge \$1 for every note they give you or every time they bring up the same issue.
- ▶ Propose a reality TV show on the dramas of volunteers - make millions!

Extreme Solutions

What are some EXTREME SOLUTIONS to learning all of this new technology?

- ▶ Date Someone who works at Best Buy (or get your friend or child to).
- ▶ During First Books For Kids, pull one of the kids aside and ask if he has an older sibling who wants to make a buck teaching you this new technology.
- ▶ Get on Facebook and start writing embarrassing posts. Someone in your family will jump in and help you with technology.

Fun With Your Acronyms

- CMS – Centers For Medicare & Medicaid
- RFP – Request For Proposal
- HAC – Healthcare Acquired Conditions
- MCO – Managed Care Organization
- HMO – Health Maintenance Organization
- MDS – Minimum Data Set
- OMRA - Other Medicare Required Assessment
- LTCF – Long Term Care Facility
- HIPAA –

Fun With Your Acronyms

- HMO – Having Many Oops
- RFP – Really Frustrating Paperwork
- CMS – Office Of “Confusing Medical Stuff”
- LTCF – Loving the Cute Folks
- HIPAA – What My Grandma Breaks
- OMRA – On My Rear Always
- MDS – Many Difficult Stuff
- MCO – Making Us Curse/Cry Often

LOOK FOR THE HUMOR. .

**“What ever you are feeding attention to,
you are giving it power.”**

Cesar Milan, The Dog Whisperer

Stay Present

**Find something that brings you back
to the present:**

- A Mantra
- Meditation
- Breathing
- A Beer?
- Risky business

Stay Present

“Time is the cause of our suffering. . . because we’re always looking behind us or looking ahead. All negativity is caused by the accumulation of psychological time and denial of the present.”

Ekert Tolle, “The Power of Now”

Jan's Quick Humor Tips & Rules

- Only make fun of a group you're a member of
- Don't do the obvious joke
- Watch it when it comes to women
- Don't say something about someone that you wouldn't say to their face
- Watch the industry climate/sensitive subjects
- Be true to yourself

Finding the Funny in Change - Recap

- **Get The Big Elephant Out On The Table**
- **Label Like A Comedian**
- **Re-focus And Find The Funny**
- **Stay Present**

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