

The Gift of Laughter: Medicine for  
Your Mental and Physical Health  
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**MCHUMOR.com** by T. McCracken



“Remember, Bob, statistics of student achievement are in the eye of the manipulator.”

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**“I’m afraid it’s too late to clean up my desk  
without disturbing the delicate ecosystem.”**





**NEBRASKA DEPARTMENT OF EDUCATION**

**Just the facts, mam.  
Just the facts.**



**TOP 10  
STRESS  
MANAGEMENT  
TECHNIQUES**

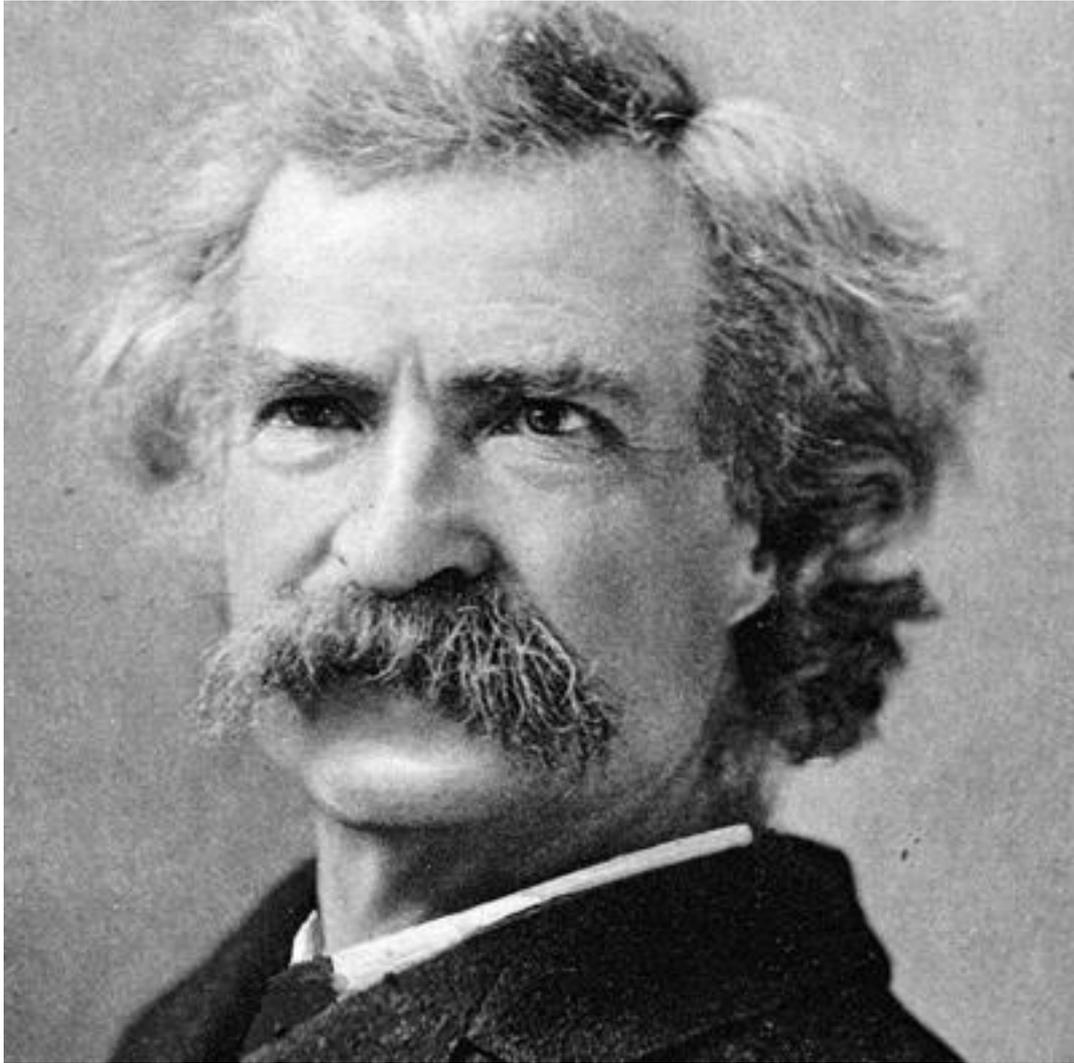
1. EAT
2. SLEEP
3. EAT
4. SLEEP
5. EAT
6. SLEEP
7. EAT
8. SLEEP
9. EAT
10. SLEEP



GLASBERGEN



# According to Mark Twain...



# Physical Benefits of Laughter



# Smiling



# Laughter and play are not trivial!



# The Mental Benefits of Laughter



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**“Laughter is the best medicine, but it’s  
not covered in your health plan.”**



# Social Benefits of Laughter



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We are more productive when we laugh and play.



Play and laughter teach us to use our  
imagination!



# Laughing and playing together helps us to learn to be friends!



Sometimes the best way to learn a complicated subject is to play with it!



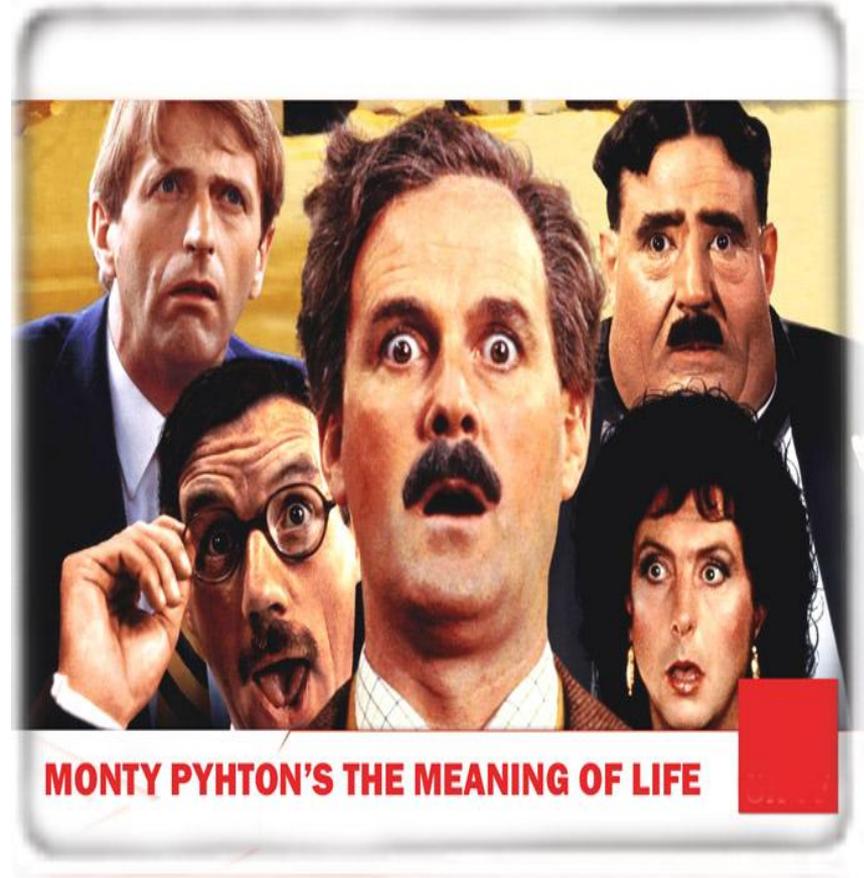
# Kids and adults do better at work and in school when they have recess or a break in a routine!



# Physical play delays mental decline in old age.



A little levity can help solve big problems.



Playing and laughing at work is not just useful; it is essential.



When we play right, all areas of our lives go better.



# CAUTION! The A T & T Rules of Humor

- **A**ppropriate
- **T**asteful
- **T**imely



# Creating opportunities for laughter



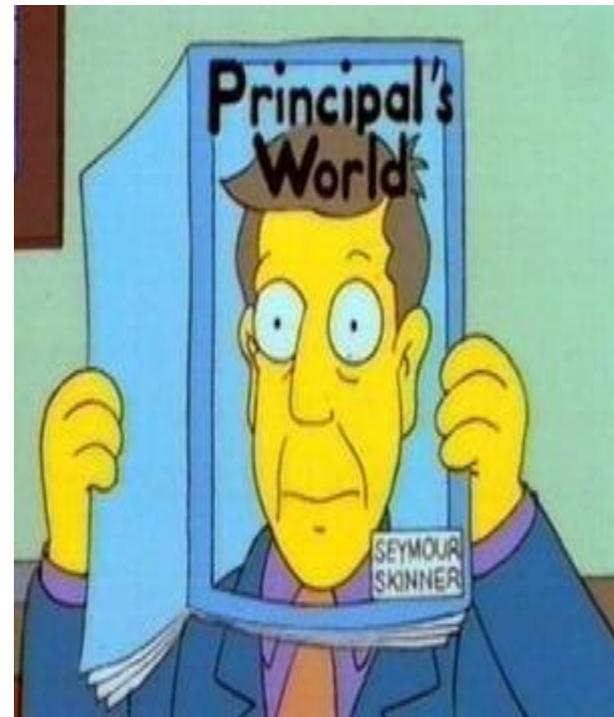
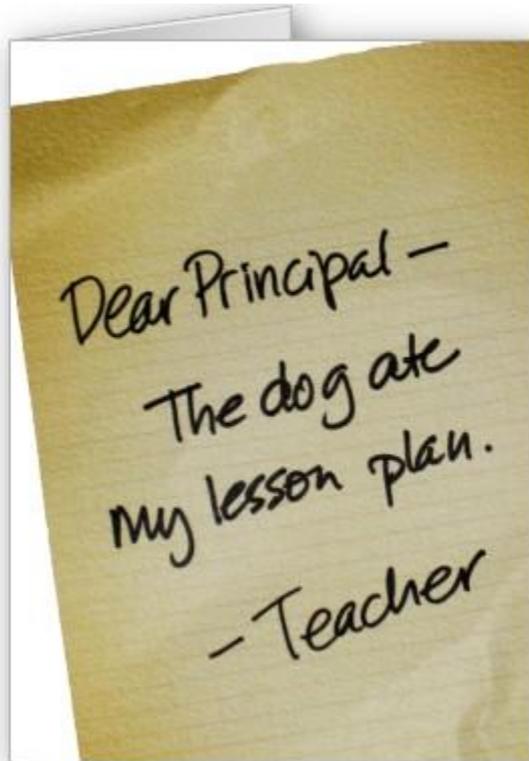
“Have a great summer and please do not throw your books in the air or run through the halls -- wait until the students have left the building.”

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NEB

# Here is a list of opportunities!



# Keep on laughing!

