

Relieving Pain Through Humor

This webinar will start shortly. It will be recorded and the slides will be available at www.dpcedcenter.org

Next webinar: May 23 at 2:00 pm Eastern

Psychosocial Factors Affecting Children and Families Living with Chronic Illness

Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording** and **slides** by email
- Please complete the feedback form at the end of the program



Today's Conversationalists

Mary Laskin

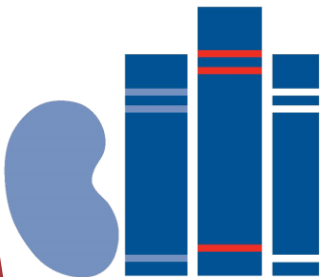


- ▶ Registered Nurse
- ▶ Certified Laughter Leader—Expert
- ▶ Certified Humor Professional

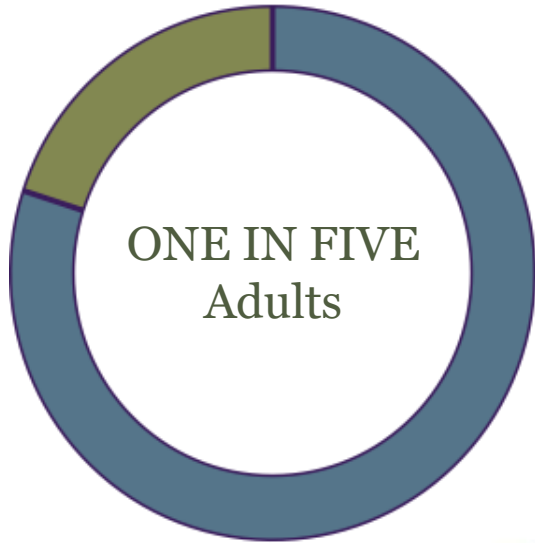
Steve Wilson



- ▶ Psychologist and humorist
- ▶ Laughter therapist
- ▶ Co-Founder/Director of *World Laughter Tour*
- ▶ Member of the DPC Education Center Advisory Council



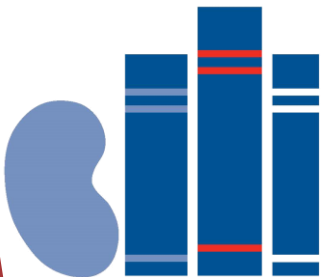
Chronic Pain Statistics



50 Million U.S. Adults

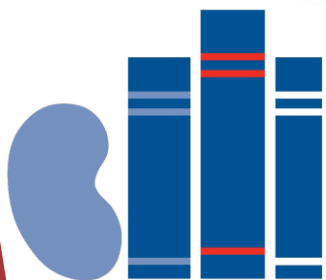


\$560 Billion
in medical costs, lost
productivity,
and disability programs



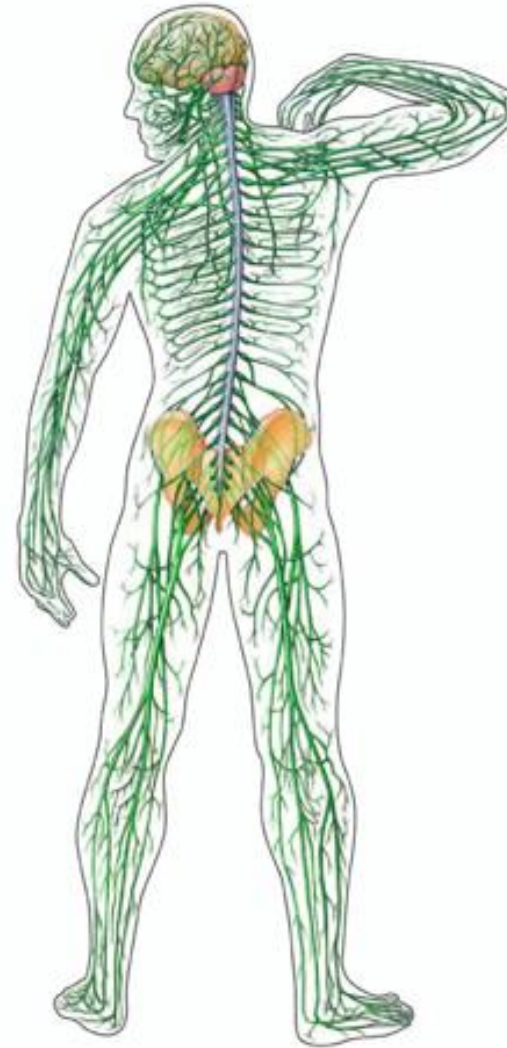
Source:

<https://www.cdc.gov/mmwr/volumes/67/wr/pdfs/mm6736-H.pdf>



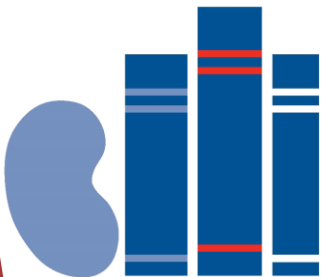
Time to get on your nerves

- ▶ Body contains 400 nerves, totaling 45 miles
- ▶ The nerves are primed to act as an alarm system to protect the body
- ▶ Alarm signals come from threat or danger sensors (nociceptor) in the tissues



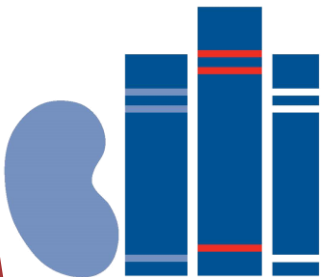
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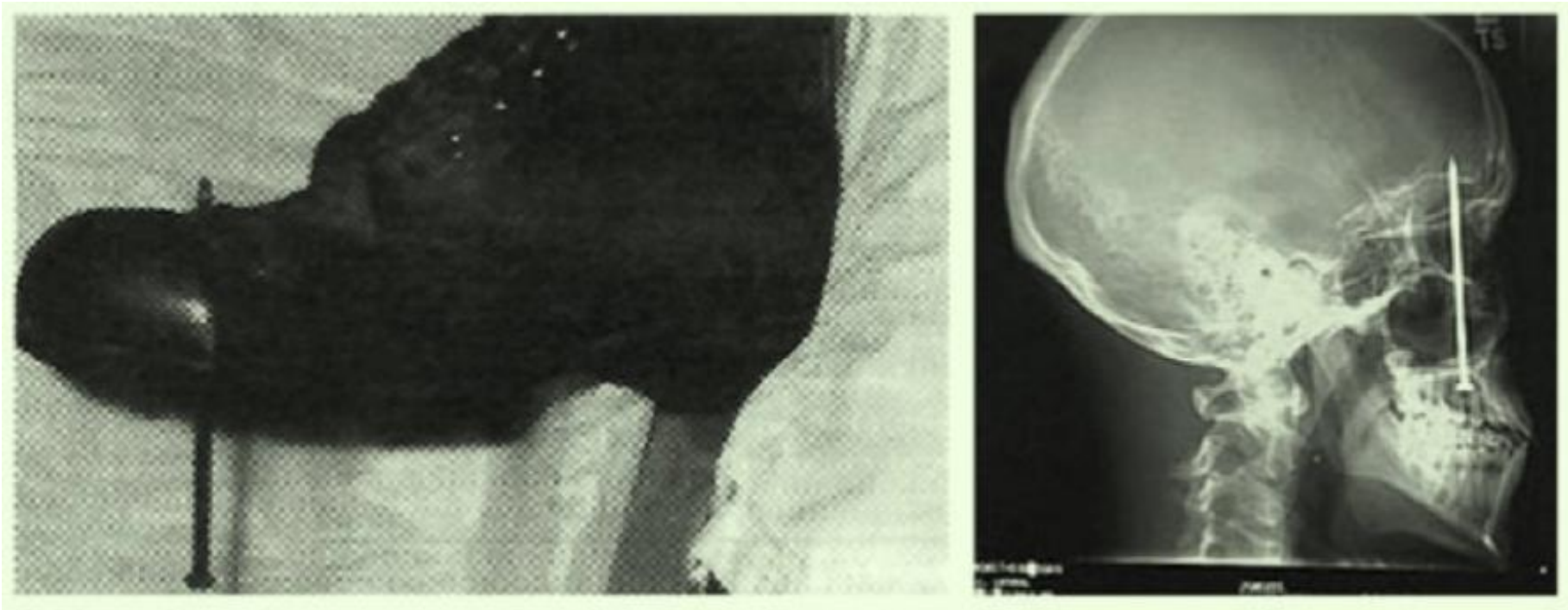
source: <http://stevegallik.org/sites/histologyolm.stevegallik.org/images/nervoussystem2.jpg>



How is pain transmitted?

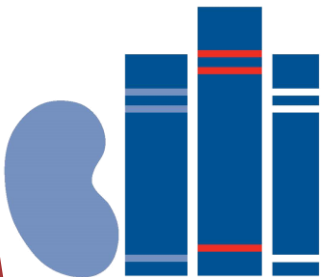
Descartes'
concept of
pain pathway
(1664)





A Tale of Two Nails

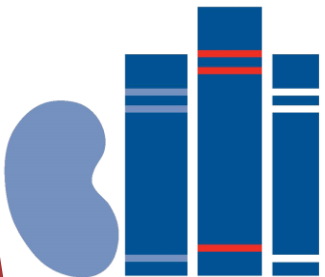
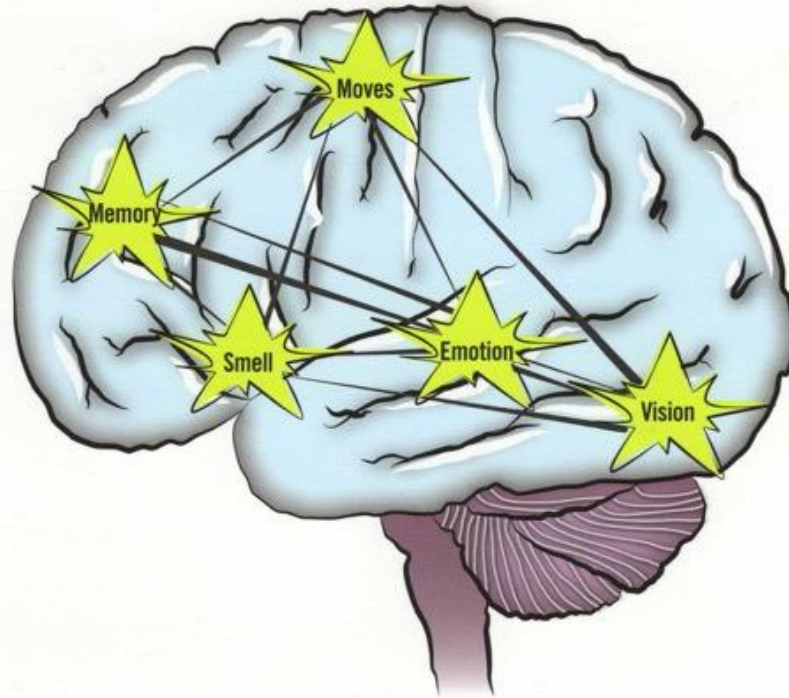
Dimsdale, J.E. and Dimer, R. (2007). A Biological Substrate for Somatoform Disorders: Importance of Pathophysiology. *Psychosom Med.*69(9): 850-854



Neurotags:

Explaining the Brain's way of mapping pain

The brain is a mass of neuro-immune networks or 'neurotags' that are collaborating and competing for influence

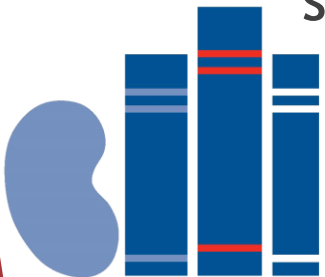
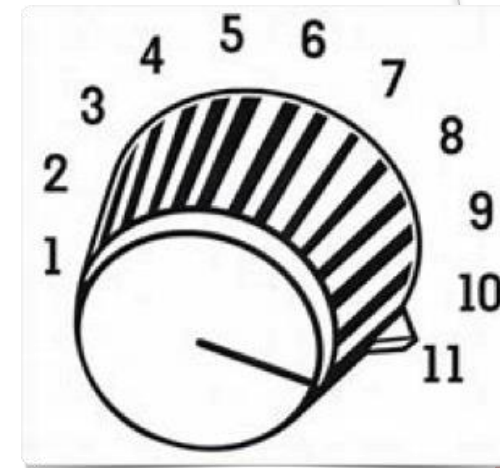


If the neurotag sums up that there is danger to the body, you will feel **PAIN**



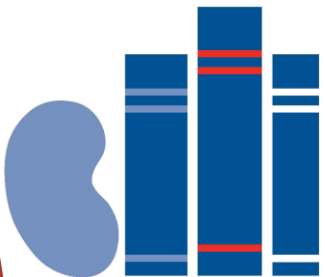
When danger persists...

- ▶ Multiple protective systems can become turned up and edgy
- ▶ As the brain practices its neurotags, it becomes more efficient and better at producing it. (Like the orchestra of the brain is practicing the Pain Symphony—it gets better with practice!)
- ▶ The brain loses its ability to lower the pain response.
- ▶ This is called centralized pain, or a sensitive nervous system



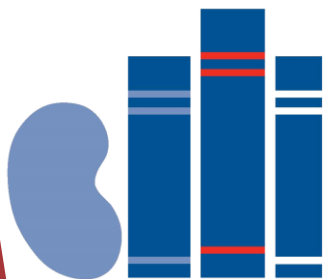
How do we calm down a sensitized nervous system?

- ▶ Look at a sensitized nervous system as an overflowing cup.
- ▶ The multidimensional nature of pain means there are a multitude of things that can help with pain.
- ▶ We need to attack the pain from all angles...and one of those angles is the use of humor!
- ▶ **This means HOPE!**



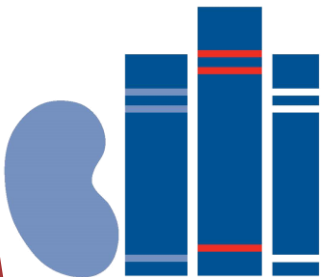
But how does Laughter and Humor work for pain?

“A clown is like an aspirin, only he works twice as fast”



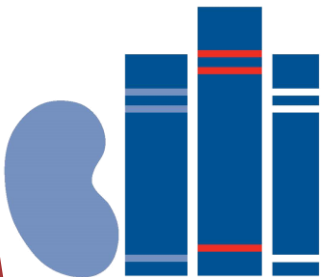
**“Laughter is an instant
vacation.”**

-Milton Berle



“Laughter is the shortest distance
between two people”

-Victor Borge





JOYOLOGY

By Steve Wilson, Psychologist, *The Joyologist*

BRING PEOPLE CLOSER

Moments of playfulness and shared laughter bring people closer together and can change our attitude about a difficult situation. The language of laughter expresses our understanding, our compassion, and allows us to connect as equals, spirit to spirit, in an intimate way.

Patty Wooten, RN



DON'T POSTPONE JOY!

JOYOLOGY is a lifestyle that skillfully blends laughter, humor, and attitude that can help recover from difficulties and re-awaken the joy of being alive.

<http://www.worldlaughtertour.com> 1-800-NOW-LAFF



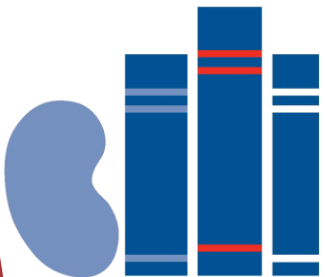


6 What is the complete opposite of a stress response?

A hearty laugh in a safe place with friends.

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Butler & Moseley (2013)





JOYOLOGY

A lifestyle you can live with!

By Steve Wilson, Psychologist, *The Joyologist*



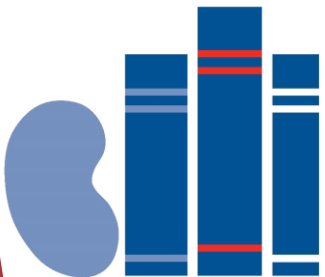
JOYOLOGY is the lifestyle that skillfully integrates laughter, humor, values & attitudes, to help recover from difficulties and re-awaken the joy of being alive.

Are YOU living it?



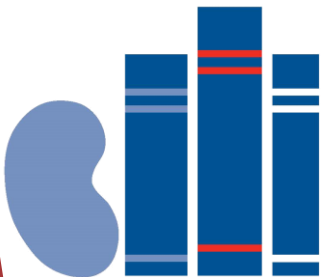
Good Hearted Living

- ▶ Mondays are for Compliments
- ▶ Tuesdays are for Flexibility
- ▶ Wednesdays are for Gratitude
- ▶ Thursdays are for Kindness
- ▶ Fridays are for Forgiveness
- ▶ Weekends are for Chocolate



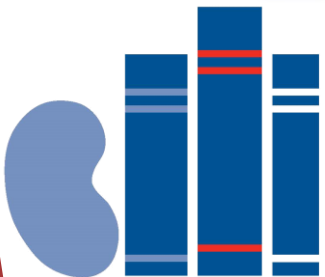
Ways to add Laughter to your Life

- ▶ Watch funny movies/TV shows
- ▶ See the funny—keep eyes and ears open for funny things
- ▶ Keep a humor log or journal
- ▶ Fun toys
- ▶ Watch children play or the antics of an animal
- ▶ Keep a “Laughter Box” or “Humor First-aid Kit”
- ▶ Attend a Laughter Club



Questions?

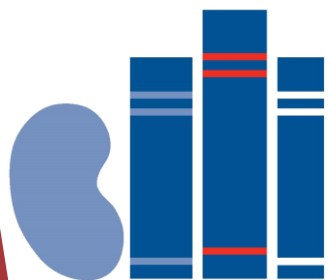
Chat box or unmute phone - #6



Thank You for Attending Today!

Please complete
Feedback Form

Join us May 23rd for our next
webinar!



Psychosocial Factors Affecting Children and Families Living with Chronic Illness

May 23, 2019
2:00 pm Eastern

Presented by Amy Walters,
PhD, Clinical Psychologist



AMERICAN
PSYCHOLOGICAL
ASSOCIATION