

Humor as Survival Training for Head Start Staff

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How Humor Helps Cope with Stress & Provide Quality Education & Care to Young Children

1. Reduced muscle tension.

Muscle relaxation is the #1 goal of all stress management techniques. Belly laughter gives you this automatically and naturally.

2. Increased energy and reduced burnout.
3. Release of frustration/anger and tension that build up during the day.
4. Increased ability to keep anxiety under control.
5. Maintenance of a more positive, optimistic frame of mind.
6. Increased ability to “go with the flow” & deal with unforeseen problems with children
7. Maintenance of perspective on problems.
8. Increased sense of control. Reduced sense of powerlessness.

Humor gives you increased control over your emotional reactions to stress, leaving you in a better frame of mind to deal with the source of stress and remain effective in working with children.
9. Increased joy and aliveness. Improved ability to live in the present (as children do).
10. Increased sense of well-being.
11. Improved physical health/wellness

[For a detailed discussion of humor and stress, see Dr. McGhee’s book, *Humor: The Lighter Path to Resilience and Health*. Available from www.Amazon.com or www.AuthorHouse.com.]