



Champion Tip: “You’re Joking, Right?”
Balancing Your Life Mentally with Laughter

Hello Champions!

Thanks for helping your unit participate in, benefit from, and truly enjoy your SelfCare for HealthCare™ initiative!

This month’s lesson is the most fun yet. We get to compete with kids and laugh 400 times a day! We need to remember that it’s good to laugh at work! Obviously, it has to be at the appropriate time and place (and volume!) but laughter really is the best medicine for us, and even our patients.

LeAnn’s Idea:

Make your SelfCare for HealthCare™ bulletin board a laughter bulletin board! Or use a wall or cupboard front on your unit. Have various themes each week. One hospital department I toured had everyone’s prom pictures! Now, if you are over 30 years old, those are going to be hysterical!

Another week you may have funny pet photos, your own or goofy ones (pun intended ☺) you find online or in magazines.

Have a funniest cartoon contest! Encourage every staff member to bring one of their favorite side-splitting cartoons.

Organize a Best Joke Contest! Everyone writes down their most hysterical joke, the one that makes tears run down their pant legs. If they can’t remember one, (I can never remember them!) they can research books or the Internet to find a favorite. This would be a great family activity and dinner conversation at home, then bring the laughter to work.

Laughter helps us transcend our problems and to think more clearly. It brings us closer to people – just what we all need. So have fun! Create laughter! Heal.

This is my idea. What is yours? I’m eager to hear.

Thanks for all you do,

A handwritten signature in black ink that reads "LeAnn". The signature is written in a cursive, flowing style. Below the signature is a horizontal line.