



Just ASK's

December 2020 Mentoring Memo

These resources are yours... just for the ASKing!



The Power of Laughter

Stress Relief from Laughter? It's No Joke!

The **Mayo Clinic's *Healthy Lifestyle*** website recently posted a segment titled "Stress Relief from Laughter? It's No Joke." The article begins, "When it comes to relieving stress, more giggle and guffaws are just what the doctor ordered." Just ASK author and consultant Bruce Oliver writes in this month's ***Just for ASKing!*** that important insights to be gained from the article include:

- A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.
- Laughter can enhance your in-take of oxygen, stimulate your heart, lungs, and muscles, and increase endorphins that are released in your brain.
- A good laugh fires up and then cools down your stress responses; it also soothes tension.
- Long-term effects of laughter include improving your immune system, relieving pain, increasing personal satisfaction and improving your mood.

The article concludes by saying, "Go ahead and give it a try. Turn the



corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work." You can access the article at www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456



In support of the **Mayo Clinic** findings, Bruce also writes that whenever he comes across a witty quote or something that makes him smile and even laugh out loud, he jots it down. When he has gathered an assortment of witticisms and inspirational quotes that he feels might cause a moment of relaxation (and distraction) from the difficult tasks educators are facing, he delights in sharing his discoveries." You will find below a few of my own favorites from the December 2020 issue of **Just for the ASKing!** Bruce titled "**Levity with Brevity**" in which Bruce shared 40 witticisms and inspirational quotes. After you have read through my favorites, I am sure that you will want to access "**Levity with Brevity**" (<https://justaskpublications.com/jfta/jfta-library/>) to read Bruce's entire collection to identify your own favorites. Enjoy!

"If you see me talking to myself, I'm having a staff meeting."

"So it turns out that being an adult is mostly Googling how to do stuff."

"I don't always go the extra mile, but when I do it's because I missed my exit."

Teacher ordering at McDonald's"

Teacher: A vodka, please

McD: Sir, this is McDonald's

Teacher: Okay, a McVodka please, and supersize it.

"The buttons on my jeans have started social distancing from each other."

"They said a mask and gloves were enough to go to the grocery store. They lied. Everybody else had clothes on."



"All of the kids who've been trained in Common Core math are now learning the technique called 'Carry the one' from their new homeschool teachers."

"Do not let them take your temperature going into a store! It's a scam! They're erasing your memory. I went for bread and eggs and came home with ice cream and Snickers."

"Shout out to older people for graduating from high school without Google."

"I hate it when I'm singing a song and the artist gets the words wrong."

"I love having three degrees in education and having PowerPoint slides read to me one-by-one during professional development sessions.' – said no teacher ever!"



In further support of the **Mayo Clinic** findings on the power of laughter, I add here a few humorous and witty statements I discovered while scrolling through catalogs as I did my online holiday shopping. I hope you treat yourselves to a chuckle or two... many somehow remind me of those that I used to read in **Reader's Digest**.

"When I look up in the sky, I have no idea which cloud holds all my data."

"Irony. The opposite of wrinkly."

"I can't decide if I need a hug, an XL coffee, 2 weeks sleep, or a glass of wine."

"I sometimes wonder what happened to people who have asked me for directions."

"You can trust your dog to guard your house, but never trust your dog to guard your sandwich."

"The dentist said I need a crown. I was like, I know!"

"The adult version of 'head, shoulders, knees, and toes' is 'wallet, glasses, keys, and phone.'"

"If the earth was flat, cats would have pushed everything off it by now."



"Never trust an atom. They make up everything."

"My mind is like my web browser. 19 tabs are open, 3 are frozen, and I have no idea where the music is coming from."

"The past, the present, and the future walked into a bar. It was tense."

"Raisin cookies that look like chocolate chip cookies are the main reason I have trust issues."

"I am grateful my thoughts don't appear in a bubble over my head."

NOTE: For those times when you need more stress-release chuckles, it turns out that *Reader's Digest* is still published and that you we can access silliness, humor, and jokes from that publication at www.rd.com/funny.



*Yesterday is History.
Tomorrow is a Mystery.
Today is a Gift.
That why we call it
The Present*

*Happy Holiday Wishes from
Paula, Bruce, and All the Just ASK Team*

