

WEBVTT

NOTE duration:"01:03:49.0130000"

NOTE language:en-us

NOTE Confidence: 0.8332718

00:00:00.000 --> 00:00:01.788 Good afternoon and welcome.

NOTE Confidence: 0.8332718

00:00:01.788 --> 00:00:04.023 My name is Denise Romano.

NOTE Confidence: 0.8332718

00:00:04.030 --> 00:00:06.928 We're very happy to join us for

NOTE Confidence: 0.8332718

00:00:06.928 --> 00:00:08.599 this informative presentation on

NOTE Confidence: 0.8332718

00:00:08.599 --> 00:00:10.753 humor as an essential coping skill

NOTE Confidence: 0.8332718

00:00:10.753 --> 00:00:12.829 with Brian Luke Seaward, PhD,

NOTE Confidence: 0.8332718

00:00:12.829 --> 00:00:15.103 on behalf of the Smiler Wellness

NOTE Confidence: 0.8332718

00:00:15.103 --> 00:00:17.259 Workshop Committee and Doctor Seaward.

NOTE Confidence: 0.8332718

00:00:17.260 --> 00:00:18.775 We welcome you.

NOTE Confidence: 0.8332718

00:00:18.775 --> 00:00:20.290 Smile Wellness workshops

NOTE Confidence: 0.8332718

00:00:20.290 --> 00:00:22.310 are offered to patients,

NOTE Confidence: 0.8332718

00:00:22.310 --> 00:00:24.625 their family volunteers and staff

NOTE Confidence: 0.8332718

00:00:24.625 --> 00:00:26.940 with the mission of empowering

NOTE Confidence: 0.8332718

00:00:27.015 --> 00:00:29.220 individuals to take control of

NOTE Confidence: 0.8332718

00:00:29.220 --> 00:00:31.425 their own health and Wellness.

NOTE Confidence: 0.8332718

00:00:31.430 --> 00:00:34.100 The program features free interactive

NOTE Confidence: 0.8332718

00:00:34.100 --> 00:00:37.290 workshops now unzoom about four or

NOTE Confidence: 0.8332718

00:00:37.290 --> 00:00:39.936 five per year that reaffirmed the

NOTE Confidence: 0.8332718

00:00:39.936 --> 00:00:42.366 importance of caring for the person

NOTE Confidence: 0.8332718

00:00:42.366 --> 00:00:45.108 as a whole body, mind and spirit.

NOTE Confidence: 0.8332718

00:00:45.108 --> 00:00:46.932 Designed to complement traditional

NOTE Confidence: 0.8332718

00:00:46.932 --> 00:00:49.832 lectures and health talks, each workshop.

NOTE Confidence: 0.8332718

00:00:49.832 --> 00:00:51.440 Focuses on Wellness.

NOTE Confidence: 0.8332718

00:00:51.440 --> 00:00:54.716 The committee who plans and conducts

NOTE Confidence: 0.8332718

00:00:54.716 --> 00:00:57.690 these workshops consist of Ghizela,

NOTE Confidence: 0.8332718

00:00:57.690 --> 00:00:59.313 Boxleitner, Marklund, Plambeck.

NOTE Confidence: 0.8332718

00:00:59.313 --> 00:01:01.858 Bud was Sal Nicole, Missouri.

NOTE Confidence: 0.8332718

00:01:01.858 --> 00:01:04.126 Danielle Sagnella, Beverly Black and myself.

NOTE Confidence: 0.8332718

00:01:04.130 --> 00:01:06.769 I would also like to recognize him.

NOTE Confidence: 0.8332718

00:01:06.770 --> 00:01:09.056 Thank Lisa Adams from our audiovisual
NOTE Confidence: 0.8332718

00:01:09.056 --> 00:01:11.745 Department who helps us with all the
NOTE Confidence: 0.8332718

00:01:11.745 --> 00:01:13.580 technical magic behind the scenes.
NOTE Confidence: 0.8332718

00:01:13.580 --> 00:01:15.290 These workshops have all been
NOTE Confidence: 0.8332718

00:01:15.290 --> 00:01:18.324 recorded and you can find them on the
NOTE Confidence: 0.8332718

00:01:18.324 --> 00:01:19.996 integrative Medicine Resource site.
NOTE Confidence: 0.8332718

00:01:20.000 --> 00:01:22.534 Please let us know if you have
NOTE Confidence: 0.8332718

00:01:22.534 --> 00:01:24.611 any suggestions for future topics
NOTE Confidence: 0.8332718

00:01:24.611 --> 00:01:26.891 and remember to complete the
NOTE Confidence: 0.8332718

00:01:26.891 --> 00:01:28.920 electronic survey at the end.
NOTE Confidence: 0.8332718

00:01:28.920 --> 00:01:31.888 It will pop up when we are.
NOTE Confidence: 0.8332718

00:01:31.890 --> 00:01:34.332 We have completed and it takes
NOTE Confidence: 0.8332718

00:01:34.332 --> 00:01:36.980 less than two minutes to complete.
NOTE Confidence: 0.8332718

00:01:36.980 --> 00:01:39.801 So hang in there at the end
NOTE Confidence: 0.8332718

00:01:39.801 --> 00:01:41.640 because we really value.
NOTE Confidence: 0.8332718

00:01:41.640 --> 00:01:44.433 Your feedback will take questions once Doctor

NOTE Confidence: 0.8332718

00:01:44.433 --> 00:01:46.730 Seaward goes through his presentation,

NOTE Confidence: 0.8332718

00:01:46.730 --> 00:01:51.698 use the chat or Q&A to ask your questions.

NOTE Confidence: 0.8332718

00:01:51.700 --> 00:01:55.196 So I'd like to introduce Brian Luke Seaward,

NOTE Confidence: 0.8332718

00:01:55.200 --> 00:01:55.636 PhD.

NOTE Confidence: 0.8332718

00:01:55.636 --> 00:01:58.688 He's regarded as one of the foremost

NOTE Confidence: 0.8332718

00:01:58.688 --> 00:02:01.792 experts in the field of stress management

NOTE Confidence: 0.8332718

00:02:01.792 --> 00:02:05.280 and a pioneer in the fields of mind,

NOTE Confidence: 0.8332718

00:02:05.280 --> 00:02:06.154 body, spirit,

NOTE Confidence: 0.8332718

00:02:06.154 --> 00:02:06.591 healing,

NOTE Confidence: 0.8332718

00:02:06.591 --> 00:02:08.339 and corporate health promotion.

NOTE Confidence: 0.8332718

00:02:08.340 --> 00:02:10.968 He's authored more than 20 books,

NOTE Confidence: 0.8332718

00:02:10.970 --> 00:02:12.722 including the classic bestsellers

NOTE Confidence: 0.8332718

00:02:12.722 --> 00:02:15.350 Stand like Mountain Flow like Water,

NOTE Confidence: 0.8332718

00:02:15.350 --> 00:02:18.574 The Art of Calm and stressed is desserts

NOTE Confidence: 0.8332718

00:02:18.574 --> 00:02:20.919 spelled backwards and the leading

NOTE Confidence: 0.8332718

00:02:20.919 --> 00:02:22.867 college textbook managing stress.

NOTE Confidence: 0.8332718

00:02:22.870 --> 00:02:25.576 Which is in its 10th edition.

NOTE Confidence: 0.8332718

00:02:25.580 --> 00:02:27.585 Doctor Seawards Mission as expressed

NOTE Confidence: 0.8332718

00:02:27.585 --> 00:02:30.040 to his legacy of acclaimed books,

NOTE Confidence: 0.8332718

00:02:30.040 --> 00:02:30.970 documentary films,

NOTE Confidence: 0.8332718

00:02:30.970 --> 00:02:33.760 photography and public appearances is to

NOTE Confidence: 0.8332718

00:02:33.760 --> 00:02:36.918 make this a better world in which to live.

NOTE Confidence: 0.8332718

00:02:36.920 --> 00:02:39.782 By having each of us reach

NOTE Confidence: 0.8332718

00:02:39.782 --> 00:02:41.213 our highest potential.

NOTE Confidence: 0.8332718

00:02:41.220 --> 00:02:42.908 A native of Glastonbury,

NOTE Confidence: 0.8332718

00:02:42.908 --> 00:02:43.330 CT,

NOTE Confidence: 0.8332718

00:02:43.330 --> 00:02:45.694 doctor Seward has served on the

NOTE Confidence: 0.8332718

00:02:45.694 --> 00:02:47.801 faculty of the American University

NOTE Confidence: 0.8332718

00:02:47.801 --> 00:02:50.965 as well as the University of Colorado

NOTE Confidence: 0.8332718

00:02:50.965 --> 00:02:53.144 Consortium for Public Health and

NOTE Confidence: 0.8332718

00:02:53.144 --> 00:02:55.951 currently he is a guest faculty member

NOTE Confidence: 0.8332718

00:02:55.960 --> 00:02:58.480 of the Graduate Institute in Bethany,

NOTE Confidence: 0.8332718

00:02:58.480 --> 00:02:58.895 Connecticut.

NOTE Confidence: 0.8332718

00:02:58.895 --> 00:03:01.385 His classes and retreats are endorsed

NOTE Confidence: 0.8332718

00:03:01.385 --> 00:03:03.626 by the American Holistic Nurses

NOTE Confidence: 0.8332718

00:03:03.626 --> 00:03:05.951 Association and he offers certification

NOTE Confidence: 0.8332718

00:03:05.951 --> 00:03:08.800 as holistic stress management instructor.

NOTE Confidence: 0.8332718

00:03:08.800 --> 00:03:10.970 Doctor Seward is the executive

NOTE Confidence: 0.8332718

00:03:10.970 --> 00:03:13.140 director of the Paramount Wellness

NOTE Confidence: 0.8332718

00:03:13.215 --> 00:03:14.619 Institute in Boulder,

NOTE Confidence: 0.8332718

00:03:14.620 --> 00:03:15.170 Co.

NOTE Confidence: 0.8332718

00:03:15.170 --> 00:03:19.020 He can beat the reached via his

NOTE Confidence: 0.8332718

00:03:19.020 --> 00:03:20.120 website www.brianlukeseaward.net

NOTE Confidence: 0.8332718

00:03:20.207 --> 00:03:22.826 and if you get a chance to go on

NOTE Confidence: 0.8332718

00:03:22.826 --> 00:03:25.627 the site you will see spectacular

NOTE Confidence: 0.8332718

00:03:25.627 --> 00:03:28.052 photography that he has there.

NOTE Confidence: 0.8332718

00:03:28.060 --> 00:03:31.615 So now here to remind us to remember to
NOTE Confidence: 0.8332718

00:03:31.615 --> 00:03:35.675 be playful and to laugh is Doctor Seward.
NOTE Confidence: 0.8478567

00:03:37.300 --> 00:03:38.610 Great thanks Denise and thanks
NOTE Confidence: 0.8478567

00:03:38.610 --> 00:03:40.239 Kesla and all the people who
NOTE Confidence: 0.8478567

00:03:40.239 --> 00:03:41.589 have made this possible today.
NOTE Confidence: 0.8478567

00:03:41.590 --> 00:03:43.375 It's a real pleasure to be here
NOTE Confidence: 0.8478567

00:03:43.375 --> 00:03:45.070 with you and so let's begin.
NOTE Confidence: 0.8478567

00:03:45.070 --> 00:03:46.827 So we call this Comic Relief humor
NOTE Confidence: 0.8478567

00:03:46.827 --> 00:03:48.290 as an essential coping skill.
NOTE Confidence: 0.8478567

00:03:48.290 --> 00:03:50.186 And in this day and age I think
NOTE Confidence: 0.8478567

00:03:50.186 --> 00:03:52.105 we can say that this is truly
NOTE Confidence: 0.8478567

00:03:52.105 --> 00:03:53.920 very much the case in point.
NOTE Confidence: 0.8478567

00:03:53.920 --> 00:03:56.250 We all need to have a sense of humor to
NOTE Confidence: 0.8478567

00:03:56.315 --> 00:03:58.464 get through the times that we're in,
NOTE Confidence: 0.8478567

00:03:58.470 --> 00:04:00.885 no matter who we are and what
NOTE Confidence: 0.8478567

00:04:00.885 --> 00:04:03.070 we got going on our plate.

NOTE Confidence: 0.8478567

00:04:03.070 --> 00:04:06.220 So I was thinking of how I could begin this.

NOTE Confidence: 0.8478567

00:04:06.220 --> 00:04:08.243 I thought I'd begin with a little

NOTE Confidence: 0.8478567

00:04:08.243 --> 00:04:10.000 bit of interactive type questions,

NOTE Confidence: 0.8478567

00:04:10.000 --> 00:04:12.520 so let me just put this out there.

NOTE Confidence: 0.8478567

00:04:12.520 --> 00:04:14.100 Who is your favorite comedian?

NOTE Confidence: 0.8478567

00:04:14.100 --> 00:04:14.952 No wrong answers,

NOTE Confidence: 0.8478567

00:04:14.952 --> 00:04:17.311 but I just who comes to mind when

NOTE Confidence: 0.8478567

00:04:17.311 --> 00:04:19.467 you hear the word comedian and you

NOTE Confidence: 0.8478567

00:04:19.467 --> 00:04:21.509 think back to when you watching

NOTE Confidence: 0.8478567

00:04:21.509 --> 00:04:23.543 television back perhaps or so your

NOTE Confidence: 0.8478567

00:04:23.550 --> 00:04:25.748 movies and such who comes to mind?

NOTE Confidence: 0.8478567

00:04:25.750 --> 00:04:27.864 And let's see if I come across

NOTE Confidence: 0.8478567

00:04:27.864 --> 00:04:30.128 the someone who's on your on your

NOTE Confidence: 0.8478567

00:04:30.128 --> 00:04:31.738 screen here you mental screen.

NOTE Confidence: 0.8478567

00:04:31.740 --> 00:04:33.192 These people look familiar.

NOTE Confidence: 0.8478567

00:04:33.192 --> 00:04:33.918 Anybody here?
NOTE Confidence: 0.8478567

00:04:33.920 --> 00:04:35.858 Have these is your favorite comedians?
NOTE Confidence: 0.8478567

00:04:35.860 --> 00:04:37.470 Or how about these guys?
NOTE Confidence: 0.8478567

00:04:37.470 --> 00:04:40.454 There's no short list of who we have
NOTE Confidence: 0.8478567

00:04:40.454 --> 00:04:42.689 as possibilities here and I got one
NOTE Confidence: 0.8478567

00:04:42.689 --> 00:04:45.228 more set of people to take a look at.
NOTE Confidence: 0.8478567

00:04:45.230 --> 00:04:46.518 So we think comedians.
NOTE Confidence: 0.8478567

00:04:46.518 --> 00:04:47.806 We think of laughter.
NOTE Confidence: 0.8478567

00:04:47.810 --> 00:04:50.071 We think of humor and this is
NOTE Confidence: 0.8478567

00:04:50.071 --> 00:04:52.008 someone who actually makes a smile.
NOTE Confidence: 0.8478567

00:04:52.010 --> 00:04:53.928 Now the next question I have for
NOTE Confidence: 0.8478567

00:04:53.928 --> 00:04:55.922 you is what's your favorite comedy
NOTE Confidence: 0.8478567

00:04:55.922 --> 00:04:58.142 movie and there's no shortage here.
NOTE Confidence: 0.8478567

00:04:58.150 --> 00:05:00.404 Without these we have scores of these,
NOTE Confidence: 0.8478567

00:05:00.410 --> 00:05:02.825 you know from Charlie Chaplin to Eddie
NOTE Confidence: 0.8478567

00:05:02.825 --> 00:05:04.569 Murphy on everything in between.

NOTE Confidence: 0.8478567

00:05:04.570 --> 00:05:06.088 So my question to you is,

NOTE Confidence: 0.8478567

00:05:06.090 --> 00:05:07.588 does any of these show up as

NOTE Confidence: 0.8478567

00:05:07.588 --> 00:05:09.120 some of your favorite movies?

NOTE Confidence: 0.8478567

00:05:09.120 --> 00:05:11.184 And I went through and try to pull

NOTE Confidence: 0.8478567

00:05:11.184 --> 00:05:13.033 us online here at movies I thought

NOTE Confidence: 0.8478567

00:05:13.033 --> 00:05:15.062 I ask you if these ring true for

NOTE Confidence: 0.8478567

00:05:15.062 --> 00:05:17.216 you as well and so we tend up when

NOTE Confidence: 0.8478567

00:05:17.216 --> 00:05:18.734 we look for comedy for humor.

NOTE Confidence: 0.8478567

00:05:18.740 --> 00:05:20.692 We tend to look for movies as one

NOTE Confidence: 0.8478567

00:05:20.692 --> 00:05:22.785 source for this is not the only source.

NOTE Confidence: 0.8478567

00:05:22.790 --> 00:05:24.323 One source of this and of course

NOTE Confidence: 0.8478567

00:05:24.323 --> 00:05:26.087 a lot of comedians are in these

NOTE Confidence: 0.8478567

00:05:26.087 --> 00:05:27.995 movies so you see the dots connect

NOTE Confidence: 0.8478567

00:05:27.995 --> 00:05:29.107 like that as well.

NOTE Confidence: 0.8478567

00:05:29.110 --> 00:05:29.869 Last not least,

NOTE Confidence: 0.8478567

00:05:29.869 --> 00:05:31.134 at least for this question,
NOTE Confidence: 0.8478567

00:05:31.140 --> 00:05:32.960 here is what are some of your
NOTE Confidence: 0.8478567

00:05:32.960 --> 00:05:34.816 favorite TV shows and I think we
NOTE Confidence: 0.8478567

00:05:34.816 --> 00:05:36.570 all have tapped into the wealth of.
NOTE Confidence: 0.8478567

00:05:36.570 --> 00:05:37.945 Binge watching the past year
NOTE Confidence: 0.8478567

00:05:37.945 --> 00:05:39.320 or so during this pandemic.
NOTE Confidence: 0.8478567

00:05:39.320 --> 00:05:41.147 For some, some great Comic Relief and
NOTE Confidence: 0.8478567

00:05:41.147 --> 00:05:42.899 there's no short supply of comedies.
NOTE Confidence: 0.8478567

00:05:42.900 --> 00:05:44.270 There's no wrong answer here,
NOTE Confidence: 0.8478567

00:05:44.270 --> 00:05:46.502 but I just thought I put up a couple
NOTE Confidence: 0.8478567

00:05:46.502 --> 00:05:49.494 of some of the things that come to mind here.
NOTE Confidence: 0.8478567

00:05:49.500 --> 00:05:50.596 Course everything from Seinfeld,
NOTE Confidence: 0.8478567

00:05:50.596 --> 00:05:52.520 Amaro, big fan of the new show,
NOTE Confidence: 0.8478567

00:05:52.520 --> 00:05:53.345 called Ted Lasso.
NOTE Confidence: 0.8478567

00:05:53.345 --> 00:05:54.720 If you haven't seen that,
NOTE Confidence: 0.8478567

00:05:54.720 --> 00:05:55.608 highly recommend it.

NOTE Confidence: 0.8478567

00:05:55.608 --> 00:05:57.680 And of course we have Schitt's Creek

NOTE Confidence: 0.8478567

00:05:57.736 --> 00:05:59.395 and God knows what else up here.

NOTE Confidence: 0.8478567

00:05:59.400 --> 00:06:01.318 If you don't see your show here,

NOTE Confidence: 0.8478567

00:06:01.320 --> 00:06:03.520 know that there is plenty to go around,

NOTE Confidence: 0.81474555

00:06:03.520 --> 00:06:05.260 but just kind of get you

NOTE Confidence: 0.81474555

00:06:05.260 --> 00:06:07.320 an idea of the mindset of.

NOTE Confidence: 0.81474555

00:06:07.320 --> 00:06:09.756 Begin to look for some of comedians,

NOTE Confidence: 0.81474555

00:06:09.760 --> 00:06:12.392 movies and TV shows to add into your

NOTE Confidence: 0.81474555

00:06:12.392 --> 00:06:14.629 toolbox for health and well being.

NOTE Confidence: 0.81474555

00:06:14.630 --> 00:06:17.599 'cause humor is so essential. Well,

NOTE Confidence: 0.81474555

00:06:17.599 --> 00:06:19.930 one more question I have for you is this.

NOTE Confidence: 0.81474555

00:06:19.930 --> 00:06:22.135 You know a lot of times we exaggerate to

NOTE Confidence: 0.81474555

00:06:22.135 --> 00:06:24.326 try and show the absurdity of of life.

NOTE Confidence: 0.81474555

00:06:24.330 --> 00:06:26.634 So you know you're having a bad day when

NOTE Confidence: 0.81474555

00:06:26.634 --> 00:06:29.052 and I could ask you to fill this in for

NOTE Confidence: 0.81474555

00:06:29.052 --> 00:06:31.328 when you think you're having a bad day,
NOTE Confidence: 0.81474555

00:06:31.330 --> 00:06:33.136 but I went looking on the Internet.
NOTE Confidence: 0.81474555

00:06:33.140 --> 00:06:34.946 I found this is the best dancer.
NOTE Confidence: 0.81474555

00:06:34.950 --> 00:06:37.435 You know you're having a bad day
NOTE Confidence: 0.81474555

00:06:37.435 --> 00:06:39.659 when your dinner eat your lunch.
NOTE Confidence: 0.81474555

00:06:39.660 --> 00:06:42.700 OK, insert laugh now.
NOTE Confidence: 0.81474555

00:06:42.700 --> 00:06:44.576 Well, I thought I'd try and pay
NOTE Confidence: 0.81474555

00:06:44.576 --> 00:06:46.653 a big picture of how humor fits
NOTE Confidence: 0.81474555

00:06:46.653 --> 00:06:48.168 into this picture of Wellness
NOTE Confidence: 0.81474555

00:06:48.168 --> 00:06:49.847 and health and well being.
NOTE Confidence: 0.81474555

00:06:49.850 --> 00:06:51.915 And it turns out that stress plays
NOTE Confidence: 0.81474555

00:06:51.915 --> 00:06:54.398 a big role of this and so just to
NOTE Confidence: 0.81474555

00:06:54.398 --> 00:06:56.410 kind of give you a perspective.
NOTE Confidence: 0.81474555

00:06:56.410 --> 00:06:57.900 The nature stress is huge.
NOTE Confidence: 0.81474555

00:06:57.900 --> 00:06:59.932 We could spend a lot of time talking
NOTE Confidence: 0.81474555

00:06:59.932 --> 00:07:01.470 about this particular aspect,

NOTE Confidence: 0.81474555

00:07:01.470 --> 00:07:03.258 but there's two kinds of stressors,

NOTE Confidence: 0.81474555

00:07:03.260 --> 00:07:04.750 good stress and bad stress.

NOTE Confidence: 0.81474555

00:07:04.750 --> 00:07:06.538 Distress is when you feel euphoric,

NOTE Confidence: 0.81474555

00:07:06.540 --> 00:07:07.434 you feel exhilarated.

NOTE Confidence: 0.81474555

00:07:07.434 --> 00:07:08.626 You actually feel happy,

NOTE Confidence: 0.81474555

00:07:08.630 --> 00:07:10.520 and this is actually where the

NOTE Confidence: 0.81474555

00:07:10.520 --> 00:07:12.210 humor comes into play there.

NOTE Confidence: 0.81474555

00:07:12.210 --> 00:07:13.785 We talking bout distress but not today.

NOTE Confidence: 0.81474555

00:07:13.790 --> 00:07:15.764 We will and acknowledge it but I

NOTE Confidence: 0.81474555

00:07:15.764 --> 00:07:17.839 spent a lot of time with that.

NOTE Confidence: 0.81474555

00:07:17.840 --> 00:07:18.079 Well,

NOTE Confidence: 0.81474555

00:07:18.079 --> 00:07:19.752 turns out that we do want to

NOTE Confidence: 0.81474555

00:07:19.752 --> 00:07:21.249 talk about stress Physiology.

NOTE Confidence: 0.81474555

00:07:21.250 --> 00:07:22.382 'cause that's important plays

NOTE Confidence: 0.81474555

00:07:22.382 --> 00:07:23.514 a role in health,

NOTE Confidence: 0.81474555

00:07:23.520 --> 00:07:26.076 and it turns out that when you get stressed,

NOTE Confidence: 0.81474555

00:07:26.080 --> 00:07:27.500 your nervous system kicks in.

NOTE Confidence: 0.81474555

00:07:27.500 --> 00:07:30.047 If it goes on for a long period time,

NOTE Confidence: 0.81474555

00:07:30.050 --> 00:07:31.754 it's also going to kick in

NOTE Confidence: 0.81474555

00:07:31.754 --> 00:07:32.606 your hormonal system.

NOTE Confidence: 0.81474555

00:07:32.610 --> 00:07:34.030 But when the hormonal system

NOTE Confidence: 0.81474555

00:07:34.030 --> 00:07:35.450 kicks in for too long,

NOTE Confidence: 0.81474555

00:07:35.450 --> 00:07:37.166 then it affects your immune system

NOTE Confidence: 0.81474555

00:07:37.166 --> 00:07:38.570 and for everyone right now,

NOTE Confidence: 0.81474555

00:07:38.570 --> 00:07:39.990 and cancer patients are certainly

NOTE Confidence: 0.81474555

00:07:39.990 --> 00:07:40.558 no exception.

NOTE Confidence: 0.81474555

00:07:40.560 --> 00:07:41.828 When this is affected,

NOTE Confidence: 0.81474555

00:07:41.828 --> 00:07:43.730 then we've got problems and so

NOTE Confidence: 0.81474555

00:07:43.791 --> 00:07:45.800 we want to try and minimize the

NOTE Confidence: 0.81474555

00:07:45.800 --> 00:07:47.679 effect of stress on the body and.

NOTE Confidence: 0.81474555

00:07:47.680 --> 00:07:49.200 Your scores are researchers show

NOTE Confidence: 0.81474555
00:07:49.200 --> 00:07:51.060 that that unresolved issues of anger,
NOTE Confidence: 0.81474555
00:07:51.060 --> 00:07:51.951 fear, anger, fight,
NOTE Confidence: 0.81474555
00:07:51.951 --> 00:07:53.436 fear flight tends to suppress
NOTE Confidence: 0.81474555
00:07:53.436 --> 00:07:54.430 the immune system,
NOTE Confidence: 0.81474555
00:07:54.430 --> 00:07:57.810 and so humor is a way to try and negate this.
NOTE Confidence: 0.81474555
00:07:57.810 --> 00:07:59.688 And it's not like we're talking
NOTE Confidence: 0.81474555
00:07:59.688 --> 00:08:01.500 rainbows and unicorns all day long.
NOTE Confidence: 0.81474555
00:08:01.500 --> 00:08:01.806 Here,
NOTE Confidence: 0.81474555
00:08:01.806 --> 00:08:04.254 we just want to try and find balance,
NOTE Confidence: 0.81474555
00:08:04.260 --> 00:08:07.330 and so we want to try and enhance the system,
NOTE Confidence: 0.81474555
00:08:07.330 --> 00:08:10.123 not suppress it because we need every
NOTE Confidence: 0.81474555
00:08:10.123 --> 00:08:13.179 white blood cell we can get our hands on.
NOTE Confidence: 0.81474555
00:08:13.180 --> 00:08:14.810 But let's connect some dots.
NOTE Confidence: 0.81474555
00:08:14.810 --> 00:08:17.418 There's all kinds of research to show that
NOTE Confidence: 0.81474555
00:08:17.418 --> 00:08:19.367 stress actually can make cancer worse,
NOTE Confidence: 0.81474555

00:08:19.370 --> 00:08:21.659 and we don't want that at all.

NOTE Confidence: 0.81474555

00:08:21.660 --> 00:08:23.837 And so when people heard this research

NOTE Confidence: 0.81474555

00:08:23.837 --> 00:08:26.549 and began to see the connection going on,

NOTE Confidence: 0.81474555

00:08:26.550 --> 00:08:27.162 they thought,

NOTE Confidence: 0.81474555

00:08:27.162 --> 00:08:29.304 is there any chance we can try

NOTE Confidence: 0.81474555

00:08:29.304 --> 00:08:31.717 and engage this and try and help

NOTE Confidence: 0.81474555

00:08:31.717 --> 00:08:32.737 our immune systems?

NOTE Confidence: 0.81474555

00:08:32.740 --> 00:08:33.980 And lo and behold,

NOTE Confidence: 0.81474555

00:08:33.980 --> 00:08:35.530 there is scores research about

NOTE Confidence: 0.81474555

00:08:35.530 --> 00:08:37.422 how humor can be used for

NOTE Confidence: 0.81474555

00:08:37.422 --> 00:08:38.942 cancer patients and the cancer

NOTE Confidence: 0.8428608

00:08:39.005 --> 00:08:41.215 treatment. And it turns out that

NOTE Confidence: 0.8428608

00:08:41.215 --> 00:08:43.442 indeed it helps. No one ever says.

NOTE Confidence: 0.8428608

00:08:43.442 --> 00:08:45.007 That humor cures cancer and

NOTE Confidence: 0.8428608

00:08:45.007 --> 00:08:46.529 please don't get me wrong,

NOTE Confidence: 0.8428608

00:08:46.530 --> 00:08:48.300 I am not saying that either,

NOTE Confidence: 0.8428608

00:08:48.300 --> 00:08:50.197 but it does tend to bring some

NOTE Confidence: 0.8428608

00:08:50.197 --> 00:08:51.839 some balance to our emotions,

NOTE Confidence: 0.8428608

00:08:51.840 --> 00:08:53.562 which is really essential in times

NOTE Confidence: 0.8428608

00:08:53.562 --> 00:08:55.380 of our health and well being.

NOTE Confidence: 0.8428608

00:08:55.380 --> 00:08:57.242 And of course, right now you throw

NOTE Confidence: 0.8428608

00:08:57.242 --> 00:08:59.371 on layers of stress with the pandemic

NOTE Confidence: 0.8428608

00:08:59.371 --> 00:09:01.575 and we're all affected by this, so.

NOTE Confidence: 0.8428608

00:09:01.575 --> 00:09:03.050 So no, we're not paint

NOTE Confidence: 0.8428608

00:09:03.050 --> 00:09:04.230 rainbows and unicorns here.

NOTE Confidence: 0.8428608

00:09:04.230 --> 00:09:05.350 Don't get me wrong,

NOTE Confidence: 0.8428608

00:09:05.350 --> 00:09:07.703 but I want to actually paint the bigger

NOTE Confidence: 0.8428608

00:09:07.703 --> 00:09:09.838 picture and then show you that yeah,

NOTE Confidence: 0.8428608

00:09:09.840 --> 00:09:11.514 now research is showing that humor

NOTE Confidence: 0.8428608

00:09:11.514 --> 00:09:13.016 can definitely have a positive

NOTE Confidence: 0.8428608

00:09:13.016 --> 00:09:14.676 impact in our cancer treatment.

NOTE Confidence: 0.8428608

00:09:14.680 --> 00:09:16.780 And I think that's a great thing,
NOTE Confidence: 0.8428608

00:09:16.780 --> 00:09:17.980 especially this integrative approach
NOTE Confidence: 0.8428608

00:09:17.980 --> 00:09:20.080 we talk about in terms of mind,
NOTE Confidence: 0.8428608

00:09:20.080 --> 00:09:21.214 body, spirit, healing.
NOTE Confidence: 0.8428608

00:09:21.214 --> 00:09:22.726 But that's not alone.
NOTE Confidence: 0.8428608

00:09:22.730 --> 00:09:24.518 Here's another article I came across.
NOTE Confidence: 0.8428608

00:09:24.520 --> 00:09:26.308 Look at this laughing at cancer,
NOTE Confidence: 0.8428608

00:09:26.310 --> 00:09:27.189 humor, empowerment, solidarity,
NOTE Confidence: 0.8428608

00:09:27.189 --> 00:09:29.590 and coping with the whole process of cancer.
NOTE Confidence: 0.8428608

00:09:29.590 --> 00:09:31.080 So lots of research studies.
NOTE Confidence: 0.8428608

00:09:31.080 --> 00:09:33.456 I'm not going to go into great detail,
NOTE Confidence: 0.8428608

00:09:33.460 --> 00:09:35.194 but enough to validate the idea
NOTE Confidence: 0.8428608

00:09:35.194 --> 00:09:37.419 that humor is very important in our
NOTE Confidence: 0.8428608

00:09:37.419 --> 00:09:39.429 healing process and healing means to
NOTE Confidence: 0.8428608

00:09:39.429 --> 00:09:41.504 come to a place of sense of peace.
NOTE Confidence: 0.8428608

00:09:41.510 --> 00:09:44.716 That's really what we're talking about here.

NOTE Confidence: 0.8428608

00:09:44.720 --> 00:09:46.918 So you may have heard this term,

NOTE Confidence: 0.8428608

00:09:46.920 --> 00:09:47.546 positive psychology.

NOTE Confidence: 0.8428608

00:09:47.546 --> 00:09:49.424 That's the big buzzword these days,

NOTE Confidence: 0.8428608

00:09:49.430 --> 00:09:51.464 and basically what it means is

NOTE Confidence: 0.8428608

00:09:51.464 --> 00:09:53.176 basically we're going to have

NOTE Confidence: 0.8428608

00:09:53.176 --> 00:09:55.206 a sense of balance if you get

NOTE Confidence: 0.8428608

00:09:55.206 --> 00:09:56.649 nothing else on this talk.

NOTE Confidence: 0.8428608

00:09:56.650 --> 00:09:58.540 That's what we're trying to achieve.

NOTE Confidence: 0.8428608

00:09:58.540 --> 00:10:00.724 Here is a sense of emotional balance,

NOTE Confidence: 0.8428608

00:10:00.730 --> 00:10:03.556 not get stuck into the anxiety of of health,

NOTE Confidence: 0.8428608

00:10:03.560 --> 00:10:05.130 or lack thereof and cancer

NOTE Confidence: 0.8428608

00:10:05.130 --> 00:10:05.758 conducting produce.

NOTE Confidence: 0.8428608

00:10:05.760 --> 00:10:07.330 A lot of that because

NOTE Confidence: 0.8428608

00:10:07.330 --> 00:10:08.900 there's a lot of unknowns,

NOTE Confidence: 0.8428608

00:10:08.900 --> 00:10:10.465 but positive psychology says let's

NOTE Confidence: 0.8428608

00:10:10.465 --> 00:10:11.717 bring ourselves balance here.
NOTE Confidence: 0.8428608

00:10:11.720 --> 00:10:12.824 And of course,
NOTE Confidence: 0.8428608

00:10:12.824 --> 00:10:15.870 love being the biggest way to do that.
NOTE Confidence: 0.8428608

00:10:15.870 --> 00:10:18.046 This is not what positive psychology is it.
NOTE Confidence: 0.8428608

00:10:18.050 --> 00:10:19.947 You know, it's like mentioned before already.
NOTE Confidence: 0.8428608

00:10:19.950 --> 00:10:21.700 This idea of rainbows and unicorns were
NOTE Confidence: 0.8428608

00:10:21.700 --> 00:10:23.656 not saying to deny yourself the sense
NOTE Confidence: 0.8428608

00:10:23.656 --> 00:10:25.384 of grief and frustration and anxiety.
NOTE Confidence: 0.8428608

00:10:25.390 --> 00:10:27.287 That's all part of the human experience,
NOTE Confidence: 0.8428608

00:10:27.290 --> 00:10:29.466 but we don't want to get stuck there.
NOTE Confidence: 0.8428608

00:10:29.470 --> 00:10:31.693 And so humor as a way to try and
NOTE Confidence: 0.8428608

00:10:31.693 --> 00:10:33.777 bridge this so that we can kind of
NOTE Confidence: 0.8428608

00:10:33.777 --> 00:10:35.997 like come in that sense of balance.
NOTE Confidence: 0.8428608

00:10:36.000 --> 00:10:37.626 And if I do my job,
NOTE Confidence: 0.8428608

00:10:37.630 --> 00:10:39.408 Crockett today will see if we can
NOTE Confidence: 0.8428608

00:10:39.408 --> 00:10:41.437 kind of find that sense of balance.

NOTE Confidence: 0.8428608

00:10:41.440 --> 00:10:43.654 So this is for all the nurses I know

NOTE Confidence: 0.8428608

00:10:43.654 --> 00:10:45.905 a few nurses in the audience is.

NOTE Confidence: 0.8428608

00:10:45.910 --> 00:10:46.193 Denise,

NOTE Confidence: 0.8428608

00:10:46.193 --> 00:10:47.891 this one's for you since Nurse

NOTE Confidence: 0.8428608

00:10:47.891 --> 00:10:49.358 the first person you see it,

NOTE Confidence: 0.8428608

00:10:49.360 --> 00:10:53.368 you're saying hold my beer and watch this.

NOTE Confidence: 0.8428608

00:10:53.370 --> 00:10:53.637 Well,

NOTE Confidence: 0.8428608

00:10:53.637 --> 00:10:55.506 I gotta tell you when I was

NOTE Confidence: 0.8428608

00:10:55.506 --> 00:10:57.834 asked by the people here to do

NOTE Confidence: 0.8428608

00:10:57.834 --> 00:10:59.218 this presentation of humor,

NOTE Confidence: 0.8428608

00:10:59.220 --> 00:11:01.446 I got a little nervous because I've

NOTE Confidence: 0.8428608

00:11:01.446 --> 00:11:03.229 done presentations for past 20 years.

NOTE Confidence: 0.8428608

00:11:03.230 --> 00:11:05.694 I humaran it's great to have an audience

NOTE Confidence: 0.8428608

00:11:05.694 --> 00:11:08.148 that laughs at what you've got to present.

NOTE Confidence: 0.8428608

00:11:08.150 --> 00:11:09.690 I everyone's mic is muted,

NOTE Confidence: 0.8428608

00:11:09.690 --> 00:11:10.596 muted right now,
NOTE Confidence: 0.8428608

00:11:10.596 --> 00:11:12.710 so I can't hear anybody which is
NOTE Confidence: 0.84454924

00:11:12.772 --> 00:11:14.312 good. 'cause I can't hear
NOTE Confidence: 0.84454924

00:11:14.312 --> 00:11:15.544 cats and babies crying.
NOTE Confidence: 0.84454924

00:11:15.550 --> 00:11:16.778 But the same token.
NOTE Confidence: 0.84454924

00:11:16.778 --> 00:11:18.006 And you can't either.
NOTE Confidence: 0.84454924

00:11:18.010 --> 00:11:20.773 But the same token, I can't hear you laugh.
NOTE Confidence: 0.84454924

00:11:20.780 --> 00:11:23.364 And so I was watching to be Fallon.
NOTE Confidence: 0.84454924

00:11:23.370 --> 00:11:25.456 And when he got his show boot
NOTE Confidence: 0.84454924

00:11:25.456 --> 00:11:27.279 from his studio to his house,
NOTE Confidence: 0.84454924

00:11:27.280 --> 00:11:29.680 he was doing his monologue and all his
NOTE Confidence: 0.84454924

00:11:29.680 --> 00:11:31.816 jokes were falling flat until he got
NOTE Confidence: 0.84454924

00:11:31.816 --> 00:11:34.209 smart and began to use a laugh track.
NOTE Confidence: 0.84454924

00:11:34.210 --> 00:11:36.402 And so I took his idea and I'm
NOTE Confidence: 0.84454924

00:11:36.402 --> 00:11:38.719 going to play every now and then.
NOTE Confidence: 0.84454924

00:11:38.720 --> 00:11:40.936 A little bit of laughter to kind of

NOTE Confidence: 0.84454924

00:11:40.936 --> 00:11:43.097 like add in this audience feel so

NOTE Confidence: 0.84454924

00:11:43.097 --> 00:11:45.340 even though I can't hear you laugh.

NOTE Confidence: 0.84454924

00:11:45.340 --> 00:11:46.845 I hope you're laughing 'cause

NOTE Confidence: 0.84454924

00:11:46.845 --> 00:11:48.350 I have some funny stuff,

NOTE Confidence: 0.84454924

00:11:48.350 --> 00:11:50.006 but it's also funnier when we

NOTE Confidence: 0.84454924

00:11:50.006 --> 00:11:51.660 can hear other people laughing.

NOTE Confidence: 0.84454924

00:11:51.660 --> 00:11:53.165 So imagine you're an audience

NOTE Confidence: 0.84454924

00:11:53.165 --> 00:11:54.369 right now we're all.

NOTE Confidence: 0.84454924

00:11:54.370 --> 00:11:56.010 Can I gather together or?

NOTE Confidence: 0.84454924

00:11:56.010 --> 00:11:57.098 Having a good time.

NOTE Confidence: 0.84454924

00:11:57.098 --> 00:11:59.939 So learn how to be your own best audience.

NOTE Confidence: 0.84454924

00:11:59.940 --> 00:12:01.774 This is the message of the day,

NOTE Confidence: 0.84454924

00:12:01.780 --> 00:12:02.308 because really,

NOTE Confidence: 0.84454924

00:12:02.308 --> 00:12:04.420 this is what the message of Wellness is.

NOTE Confidence: 0.84454924

00:12:04.420 --> 00:12:06.540 We gotta take care of ourselves many times.

NOTE Confidence: 0.84454924

00:12:06.540 --> 00:12:08.907 If you laughed when you thought it was funny,

NOTE Confidence: 0.84454924

00:12:08.910 --> 00:12:09.970 no one else laughed.

NOTE Confidence: 0.84454924

00:12:09.970 --> 00:12:11.625 That's OK, because that's what

NOTE Confidence: 0.84454924

00:12:11.625 --> 00:12:13.500 we call a geographic joke.

NOTE Confidence: 0.84454924

00:12:13.500 --> 00:12:16.074 Well, I want to begin with this guy here.

NOTE Confidence: 0.84454924

00:12:16.080 --> 00:12:17.991 This is Norman Cousins and he's known

NOTE Confidence: 0.84454924

00:12:17.991 --> 00:12:20.099 as the patron Saint of humor therapy.

NOTE Confidence: 0.84454924

00:12:20.100 --> 00:12:21.816 He had a very serious illness.

NOTE Confidence: 0.84454924

00:12:21.820 --> 00:12:22.444 Wasn't cancer,

NOTE Confidence: 0.84454924

00:12:22.444 --> 00:12:24.316 but was an autoimmune disease and

NOTE Confidence: 0.84454924

00:12:24.316 --> 00:12:26.416 he was told he was going to die.

NOTE Confidence: 0.84454924

00:12:26.420 --> 00:12:26.702 Yeah,

NOTE Confidence: 0.84454924

00:12:26.702 --> 00:12:28.676 one in 500 chance of survival and

NOTE Confidence: 0.84454924

00:12:28.676 --> 00:12:30.428 he checked out of the hospital,

NOTE Confidence: 0.84454924

00:12:30.430 --> 00:12:33.013 went to hotel and as a truth be told,

NOTE Confidence: 0.84454924

00:12:33.020 --> 00:12:35.043 he actually began to watch all kinds

NOTE Confidence: 0.84454924

00:12:35.043 --> 00:12:37.066 of funny movies and he actually got

NOTE Confidence: 0.84454924

00:12:37.066 --> 00:12:39.040 better and he got better like this.

NOTE Confidence: 0.84454924

00:12:39.040 --> 00:12:41.049 He basically said this if negative emotions,

NOTE Confidence: 0.84454924

00:12:41.050 --> 00:12:42.620 anger and fear can cause

NOTE Confidence: 0.84454924

00:12:42.620 --> 00:12:43.248 physical dysfunction.

NOTE Confidence: 0.84454924

00:12:43.250 --> 00:12:44.935 Is it possible that positive

NOTE Confidence: 0.84454924

00:12:44.935 --> 00:12:45.946 emotions like laughter,

NOTE Confidence: 0.84454924

00:12:45.950 --> 00:12:48.309 humor can restore him back to health?

NOTE Confidence: 0.84454924

00:12:48.310 --> 00:12:50.566 He said I got nothing to lose and

NOTE Confidence: 0.84454924

00:12:50.566 --> 00:12:53.159 then he said this each person must

NOTE Confidence: 0.84454924

00:12:53.159 --> 00:12:55.834 take responsibility for his or her own

NOTE Confidence: 0.84454924

00:12:55.834 --> 00:12:58.095 health and so he left the hospital

NOTE Confidence: 0.84454924

00:12:58.095 --> 00:13:00.175 with his doctor's blessing went to

NOTE Confidence: 0.84454924

00:13:00.175 --> 00:13:02.726 a hotel across the street and began

NOTE Confidence: 0.84454924

00:13:02.726 --> 00:13:04.546 to watch Charlie Chaplin movies

NOTE Confidence: 0.84454924

00:13:04.546 --> 00:13:06.790 and things like Laurel and Hardy.
NOTE Confidence: 0.84454924

00:13:06.790 --> 00:13:09.023 Things like the Marx Brothers to lift
NOTE Confidence: 0.84454924

00:13:09.023 --> 00:13:11.728 his spirits and of course the Three Stooges.
NOTE Confidence: 0.84454924

00:13:11.730 --> 00:13:14.282 One is a face favourites and in the
NOTE Confidence: 0.84454924

00:13:14.282 --> 00:13:16.328 Little Rascals one of my favourites.
NOTE Confidence: 0.84454924

00:13:16.330 --> 00:13:18.310 And then he actually got better.
NOTE Confidence: 0.84454924

00:13:18.310 --> 00:13:20.694 And he wrote an article and then he
NOTE Confidence: 0.84454924

00:13:20.694 --> 00:13:23.282 wrote a book about it and it the
NOTE Confidence: 0.84454924

00:13:23.282 --> 00:13:25.697 books called them and even illness as
NOTE Confidence: 0.84454924

00:13:25.697 --> 00:13:28.175 perceived by the patient and in his
NOTE Confidence: 0.84454924

00:13:28.180 --> 00:13:31.816 book was like 130 pages in this book only.
NOTE Confidence: 0.84454924

00:13:31.820 --> 00:13:33.746 Two or three pages about humor,
NOTE Confidence: 0.84454924

00:13:33.750 --> 00:13:36.350 but everyone focused on this one sentence he
NOTE Confidence: 0.84454924

00:13:36.350 --> 00:13:39.226 had in his book in the sentence was this,
NOTE Confidence: 0.84454924

00:13:39.230 --> 00:13:39.834 he said.
NOTE Confidence: 0.84454924

00:13:39.834 --> 00:13:40.438 I mean,

NOTE Confidence: 0.84454924

00:13:40.438 --> 00:13:42.250 the joy of discovery that 10

NOTE Confidence: 0.84454924

00:13:42.320 --> 00:13:44.435 minutes of genuine belly laughter

NOTE Confidence: 0.84454924

00:13:44.435 --> 00:13:46.912 had amnestic effect and would give

NOTE Confidence: 0.84454924

00:13:46.912 --> 00:13:48.963 Me 2 hours of pain free sleep.

NOTE Confidence: 0.84454924

00:13:48.970 --> 00:13:50.690 In this revolutionized how we

NOTE Confidence: 0.84454924

00:13:50.690 --> 00:13:52.066 see health right now,

NOTE Confidence: 0.8830716

00:13:52.070 --> 00:13:54.134 to think that psychosomatic is not

NOTE Confidence: 0.8830716

00:13:54.134 --> 00:13:55.850 just about making yourself sick.

NOTE Confidence: 0.8830716

00:13:55.850 --> 00:13:57.226 You can actually make

NOTE Confidence: 0.8830716

00:13:57.226 --> 00:13:58.946 yourself better in this case.

NOTE Confidence: 0.8830716

00:13:58.950 --> 00:14:02.394 Here they have some some quality sleep.

NOTE Confidence: 0.8830716

00:14:02.400 --> 00:14:04.590 Well, people have been studying the

NOTE Confidence: 0.8830716

00:14:04.590 --> 00:14:06.386 Physiology of laughter ever since

NOTE Confidence: 0.8830716

00:14:06.386 --> 00:14:08.562 I was about 1964 and we now have

NOTE Confidence: 0.8830716

00:14:08.562 --> 00:14:10.525 research to show that that laughter

NOTE Confidence: 0.8830716

00:14:10.525 --> 00:14:12.150 tends to boost immune system.
NOTE Confidence: 0.8830716

00:14:12.150 --> 00:14:14.100 It tends to increase all kinds
NOTE Confidence: 0.8830716

00:14:14.100 --> 00:14:15.075 of brain chemicals,
NOTE Confidence: 0.8830716

00:14:15.080 --> 00:14:17.680 which tend to give balance to our Physiology.
NOTE Confidence: 0.8830716

00:14:17.680 --> 00:14:18.410 It never.
NOTE Confidence: 0.8830716

00:14:18.410 --> 00:14:20.600 No one's ever said humor and
NOTE Confidence: 0.8830716

00:14:20.600 --> 00:14:22.550 laughter has cured a disease.
NOTE Confidence: 0.8830716

00:14:22.550 --> 00:14:24.830 But it does bring a sense of balance,
NOTE Confidence: 0.8830716

00:14:24.830 --> 00:14:27.110 and that's what the message really here is.
NOTE Confidence: 0.8830716

00:14:27.110 --> 00:14:29.310 And so people have been looking at the
NOTE Confidence: 0.8830716

00:14:29.310 --> 00:14:31.386 history of human for quite some time.
NOTE Confidence: 0.8830716

00:14:31.390 --> 00:14:32.149 And you know,
NOTE Confidence: 0.8830716

00:14:32.149 --> 00:14:33.920 back to ancient Greece we have both
NOTE Confidence: 0.8830716

00:14:33.981 --> 00:14:35.949 comedies and tragedies in the theater.
NOTE Confidence: 0.8830716

00:14:35.950 --> 00:14:38.062 And I'm not saying that we will laugh
NOTE Confidence: 0.8830716

00:14:38.062 --> 00:14:40.508 at some of their theater, but you know,

NOTE Confidence: 0.8830716

00:14:40.508 --> 00:14:42.312 back in, I suppose it worked.

NOTE Confidence: 0.8830716

00:14:42.312 --> 00:14:44.930 But even the Bible is a quote that

NOTE Confidence: 0.8830716

00:14:44.930 --> 00:14:47.030 says a merry heart does good,

NOTE Confidence: 0.8830716

00:14:47.030 --> 00:14:47.594 like medicine,

NOTE Confidence: 0.8830716

00:14:47.594 --> 00:14:49.850 but a poor spirit dry if the bones

NOTE Confidence: 0.8830716

00:14:49.916 --> 00:14:51.820 and people say it's in the Bible,

NOTE Confidence: 0.8830716

00:14:51.820 --> 00:14:53.230 it's gotta be true, right?

NOTE Confidence: 0.8830716

00:14:53.230 --> 00:14:53.495 Well,

NOTE Confidence: 0.8830716

00:14:53.495 --> 00:14:56.330 I found this actually was a bit of a human.

NOTE Confidence: 0.8830716

00:14:56.330 --> 00:14:57.176 The dark ages.

NOTE Confidence: 0.8830716

00:14:57.176 --> 00:14:59.150 I thought that was a little clever,

NOTE Confidence: 0.8830716

00:14:59.150 --> 00:15:00.956 so even some of the Masons have

NOTE Confidence: 0.8830716

00:15:00.956 --> 00:15:02.540 a sense of humor there.

NOTE Confidence: 0.8830716

00:15:02.540 --> 00:15:04.226 But back in the Middle Ages,

NOTE Confidence: 0.8830716

00:15:04.230 --> 00:15:05.640 the word humor means moisture

NOTE Confidence: 0.8830716

00:15:05.640 --> 00:15:07.932 and so the idea was you had four
NOTE Confidence: 0.8830716

00:15:07.932 --> 00:15:09.302 humors in your body, collar,
NOTE Confidence: 0.8830716

00:15:09.302 --> 00:15:10.430 bile, blood and phlegm.
NOTE Confidence: 0.8830716

00:15:10.430 --> 00:15:13.540 And if he had too much of any one of these,
NOTE Confidence: 0.8830716

00:15:13.540 --> 00:15:15.350 you were in poor humor.
NOTE Confidence: 0.8830716

00:15:15.350 --> 00:15:17.992 So if you too much color, you are melancholy.
NOTE Confidence: 0.8830716

00:15:17.992 --> 00:15:19.756 That's where that word comes from.
NOTE Confidence: 0.8830716

00:15:19.760 --> 00:15:20.639 Too much bile.
NOTE Confidence: 0.8830716

00:15:20.639 --> 00:15:22.989 You were angry or hostile, too much blood.
NOTE Confidence: 0.8830716

00:15:22.989 --> 00:15:24.454 You were giddy or delirious,
NOTE Confidence: 0.8830716

00:15:24.460 --> 00:15:25.930 and if you hae kalugi,
NOTE Confidence: 0.8830716

00:15:25.930 --> 00:15:28.760 then you were actually apathetic.
NOTE Confidence: 0.8830716

00:15:28.760 --> 00:15:30.360 Then comes the Victorian age.
NOTE Confidence: 0.8830716

00:15:30.360 --> 00:15:31.950 I think human history is
NOTE Confidence: 0.8830716

00:15:31.950 --> 00:15:33.222 kind of interesting here,
NOTE Confidence: 0.8830716

00:15:33.230 --> 00:15:35.386 but look at these quotes of the

NOTE Confidence: 0.8830716

00:15:35.386 --> 00:15:37.020 Victorian age laughter on any

NOTE Confidence: 0.8830716

00:15:37.020 --> 00:15:38.650 occasion is immoral and indecent.

NOTE Confidence: 0.8830716

00:15:38.650 --> 00:15:39.286 My goodness.

NOTE Confidence: 0.8830716

00:15:39.286 --> 00:15:41.512 How about this laughter obscures the truth,

NOTE Confidence: 0.8830716

00:15:41.520 --> 00:15:43.110 hardens the heart and stroke

NOTE Confidence: 0.8830716

00:15:43.110 --> 00:15:43.746 defies understanding.

NOTE Confidence: 0.8830716

00:15:43.750 --> 00:15:45.892 Ouch and then look at this amana

NOTE Confidence: 0.8830716

00:15:45.892 --> 00:15:47.709 parts and fashion is only seem

NOTE Confidence: 0.8830716

00:15:47.709 --> 00:15:49.641 to smile but I've never heard to

NOTE Confidence: 0.8830716

00:15:49.704 --> 00:15:51.729 laugh that was Lord Chesterfield.

NOTE Confidence: 0.8830716

00:15:51.730 --> 00:15:54.054 And the reason why is because if

NOTE Confidence: 0.8830716

00:15:54.054 --> 00:15:56.287 you were laughing it was thought to

NOTE Confidence: 0.8830716

00:15:56.287 --> 00:15:58.748 be a sin and nobody wanted to be

NOTE Confidence: 0.8830716

00:15:58.748 --> 00:16:00.662 caught sinning 'cause you know they

NOTE Confidence: 0.8830716

00:16:00.662 --> 00:16:02.600 put in the stockades or something.

NOTE Confidence: 0.8830716

00:16:02.600 --> 00:16:04.914 So these people did not have the
NOTE Confidence: 0.8830716

00:16:04.914 --> 00:16:06.690 words cheese on their lips when
NOTE Confidence: 0.8830716

00:16:06.690 --> 00:16:08.748 they were taken in this photograph.
NOTE Confidence: 0.8830716

00:16:08.750 --> 00:16:10.436 Taken until they look pretty seriously.
NOTE Confidence: 0.8830716

00:16:10.440 --> 00:16:12.400 One of my students gave me this.
NOTE Confidence: 0.8830716

00:16:12.400 --> 00:16:14.929 Have a day. Yep, not even a nice day.
NOTE Confidence: 0.8830716

00:16:14.930 --> 00:16:17.090 Just have a day.
NOTE Confidence: 0.8830716

00:16:17.090 --> 00:16:19.196 Well, we've got to define humor,
NOTE Confidence: 0.8830716

00:16:19.200 --> 00:16:21.294 so here's a couple of definitions
NOTE Confidence: 0.8830716

00:16:21.294 --> 00:16:23.060 and there's no agreement here.
NOTE Confidence: 0.8830716

00:16:23.060 --> 00:16:24.216 How about this humor?
NOTE Confidence: 0.8830716

00:16:24.216 --> 00:16:25.950 The quality of being funny or
NOTE Confidence: 0.8830716

00:16:26.007 --> 00:16:27.336 appreciating funny thoughts
NOTE Confidence: 0.8830716

00:16:27.336 --> 00:16:28.665 or accent behavior.
NOTE Confidence: 0.8830716

00:16:28.670 --> 00:16:29.978 The ability to perceive
NOTE Confidence: 0.8830716

00:16:29.978 --> 00:16:31.940 and enjoy what is funny or

NOTE Confidence: 0.8466409

00:16:32.007 --> 00:16:33.934 comical. A state of mind,

NOTE Confidence: 0.8466409

00:16:33.934 --> 00:16:35.338 a feeling or mood.

NOTE Confidence: 0.8466409

00:16:35.340 --> 00:16:37.446 Even though some people who say

NOTE Confidence: 0.8466409

00:16:37.446 --> 00:16:39.720 it's not a mood, it's a perception.

NOTE Confidence: 0.8466409

00:16:39.720 --> 00:16:41.750 So how about this humor than mental

NOTE Confidence: 0.8466409

00:16:41.808 --> 00:16:43.868 experience of discovering and experiencing

NOTE Confidence: 0.8466409

00:16:43.868 --> 00:16:45.885 ludicrous or absurd ideas, events,

NOTE Confidence: 0.8466409

00:16:45.885 --> 00:16:47.710 or situations that bring pleasure

NOTE Confidence: 0.8466409

00:16:47.710 --> 00:16:49.890 or enjoyment to the individual?

NOTE Confidence: 0.8466409

00:16:49.890 --> 00:16:51.696 So they talk about perception and Lord

NOTE Confidence: 0.8466409

00:16:51.696 --> 00:16:53.573 knows how many times have you thought

NOTE Confidence: 0.8466409

00:16:53.573 --> 00:16:55.471 you heard the funniest joke and you

NOTE Confidence: 0.8466409

00:16:55.471 --> 00:16:57.097 tell somebody and they don't laugh,

NOTE Confidence: 0.8466409

00:16:57.100 --> 00:16:58.164 they don't get it.

NOTE Confidence: 0.8466409

00:16:58.164 --> 00:16:59.710 Well, it's perception and I pray

NOTE Confidence: 0.8466409

00:16:59.710 --> 00:17:01.327 to God that that your perception
NOTE Confidence: 0.8466409

00:17:01.327 --> 00:17:02.707 is the same as mine.
NOTE Confidence: 0.8466409

00:17:02.710 --> 00:17:04.240 When I share with you some
NOTE Confidence: 0.8466409

00:17:04.240 --> 00:17:05.640 funny stuff later on today.
NOTE Confidence: 0.8466409

00:17:05.640 --> 00:17:08.418 Otherwise I will be laughing alone.
NOTE Confidence: 0.8466409

00:17:08.420 --> 00:17:10.160 So we definitely want to get
NOTE Confidence: 0.8466409

00:17:10.160 --> 00:17:11.320 rid of the elephant.
NOTE Confidence: 0.8466409

00:17:11.320 --> 00:17:12.770 The room there is appropriate
NOTE Confidence: 0.8466409

00:17:12.770 --> 00:17:13.930 and there's inappropriate humor.
NOTE Confidence: 0.8466409

00:17:13.930 --> 00:17:15.090 In case you're wondering,
NOTE Confidence: 0.8466409

00:17:15.090 --> 00:17:16.540 this is the inappropriate stuff,
NOTE Confidence: 0.8466409

00:17:16.540 --> 00:17:18.280 and we're not going to have
NOTE Confidence: 0.8466409

00:17:18.280 --> 00:17:19.440 examples of this today,
NOTE Confidence: 0.8466409

00:17:19.440 --> 00:17:21.708 so I just want to make it really clear
NOTE Confidence: 0.8466409

00:17:21.708 --> 00:17:23.786 that this is not appropriate humor.
NOTE Confidence: 0.8466409

00:17:23.790 --> 00:17:25.240 And we it's not appropriate

NOTE Confidence: 0.8466409
00:17:25.240 --> 00:17:26.400 for any occasion anytime,
NOTE Confidence: 0.8466409
00:17:26.400 --> 00:17:28.140 so we don't do that because
NOTE Confidence: 0.8466409
00:17:28.140 --> 00:17:29.010 it creates stress.
NOTE Confidence: 0.8466409
00:17:29.010 --> 00:17:30.482 It doesn't alleviate stress,
NOTE Confidence: 0.8466409
00:17:30.482 --> 00:17:32.322 and our whole purpose here
NOTE Confidence: 0.8466409
00:17:32.322 --> 00:17:34.147 today is to alleviate stress.
NOTE Confidence: 0.8466409
00:17:34.150 --> 00:17:36.075 So we don't even think about it.
NOTE Confidence: 0.8466409
00:17:36.080 --> 00:17:37.460 That's the idea behind that.
NOTE Confidence: 0.8466409
00:17:37.460 --> 00:17:37.736 Well,
NOTE Confidence: 0.8466409
00:17:37.736 --> 00:17:40.220 you know I was in academia as you heard,
NOTE Confidence: 0.8466409
00:17:40.220 --> 00:17:42.542 and a full time I taught a class called
NOTE Confidence: 0.8466409
00:17:42.542 --> 00:17:44.640 Human Health, and I gotta tell you,
NOTE Confidence: 0.8466409
00:17:44.640 --> 00:17:46.020 I read lots of books,
NOTE Confidence: 0.8466409
00:17:46.020 --> 00:17:47.400 none of which were funny.
NOTE Confidence: 0.8466409
00:17:47.400 --> 00:17:48.186 I might add,
NOTE Confidence: 0.8466409

00:17:48.186 --> 00:17:50.020 but I did come across some interesting

NOTE Confidence: 0.8466409

00:17:50.075 --> 00:17:51.767 wisdom that said that there's four

NOTE Confidence: 0.8466409

00:17:51.767 --> 00:17:53.470 reasons why we laugh and smile.

NOTE Confidence: 0.8466409

00:17:53.470 --> 00:17:53.744 This,

NOTE Confidence: 0.8466409

00:17:53.744 --> 00:17:54.566 by the way,

NOTE Confidence: 0.8466409

00:17:54.566 --> 00:17:56.780 is one of my friends who's a nurse.

NOTE Confidence: 0.8466409

00:17:56.780 --> 00:17:57.470 I oncology nurse.

NOTE Confidence: 0.8466409

00:17:57.470 --> 00:17:59.428 Her name is Fran Ann and I just

NOTE Confidence: 0.8466409

00:17:59.428 --> 00:18:01.186 thought I'd throw that in there

NOTE Confidence: 0.8466409

00:18:01.186 --> 00:18:02.849 because she's quite the character.

NOTE Confidence: 0.8466409

00:18:02.850 --> 00:18:04.495 But these are the four

NOTE Confidence: 0.8466409

00:18:04.495 --> 00:18:06.140 reasons we laugh and smile.

NOTE Confidence: 0.8466409

00:18:06.140 --> 00:18:07.439 This theory, theory,

NOTE Confidence: 0.8466409

00:18:07.439 --> 00:18:08.738 incongruity, the release,

NOTE Confidence: 0.8466409

00:18:08.740 --> 00:18:10.366 relief, anonymity theory?

NOTE Confidence: 0.8466409

00:18:10.366 --> 00:18:13.076 Let's take a closer look.

NOTE Confidence: 0.8466409

00:18:13.080 --> 00:18:14.739 So the spirit of the theory says

NOTE Confidence: 0.8466409

00:18:14.739 --> 00:18:16.469 the reason why we laugh and smile.

NOTE Confidence: 0.8466409

00:18:16.470 --> 00:18:18.890 And by the way, this coming to us from Plato.

NOTE Confidence: 0.8466409

00:18:18.890 --> 00:18:20.818 So this is like thousands of years old.

NOTE Confidence: 0.8466409

00:18:20.820 --> 00:18:22.900 It says the reason why we laugh and smile is

NOTE Confidence: 0.8466409

00:18:22.951 --> 00:18:24.939 because we laugh at other peoples expense.

NOTE Confidence: 0.8466409

00:18:24.940 --> 00:18:26.820 So here are some examples of this and

NOTE Confidence: 0.8466409

00:18:26.820 --> 00:18:28.569 the higher up they are in authority,

NOTE Confidence: 0.8466409

00:18:28.570 --> 00:18:29.742 the more we laughed.

NOTE Confidence: 0.8466409

00:18:29.742 --> 00:18:31.955 So you know the Queen of England

NOTE Confidence: 0.8466409

00:18:31.955 --> 00:18:34.295 picture nose then haha we laughed.

NOTE Confidence: 0.8466409

00:18:34.300 --> 00:18:36.764 Looks like people are really going out there.

NOTE Confidence: 0.8466409

00:18:36.770 --> 00:18:38.038 Tiger Woods, the golfer.

NOTE Confidence: 0.8466409

00:18:38.038 --> 00:18:39.623 You know he's down the

NOTE Confidence: 0.8466409

00:18:39.623 --> 00:18:41.078 whole not looking to go.

NOTE Confidence: 0.8466409

00:18:41.080 --> 00:18:43.250 We laugh.
NOTE Confidence: 0.8466409

00:18:43.250 --> 00:18:45.437 This I got from from Life magazine was the
NOTE Confidence: 0.8466409

00:18:45.437 --> 00:18:47.694 last photograph we used to have a last one.
NOTE Confidence: 0.8466409

00:18:47.700 --> 00:18:50.178 I gotta be like a humorous
NOTE Confidence: 0.8466409

00:18:50.178 --> 00:18:51.830 photograph called parting shots.
NOTE Confidence: 0.8466409

00:18:51.830 --> 00:18:52.685 It of course,
NOTE Confidence: 0.8466409

00:18:52.685 --> 00:18:54.680 I just got this off the Internet.
NOTE Confidence: 0.8466409

00:18:54.680 --> 00:18:56.675 Be helpful if they could actually spell,
NOTE Confidence: 0.8466409

00:18:56.680 --> 00:18:58.960 but we won't go there on that one.
NOTE Confidence: 0.8466409

00:18:58.960 --> 00:19:00.948 You see, spelling is actually pretty good.
NOTE Confidence: 0.8466409

00:19:00.950 --> 00:19:02.945 This is a bad day water scheme.
NOTE Confidence: 0.8466409

00:19:02.950 --> 00:19:03.805 Looks like Matthew
NOTE Confidence: 0.8466409

00:19:03.805 --> 00:19:05.230 McConaughey if you ask me.
NOTE Confidence: 0.7776007

00:19:05.230 --> 00:19:06.940 Hope you got a suit back.
NOTE Confidence: 0.7776007

00:19:06.940 --> 00:19:08.660 You get the idea and then this is
NOTE Confidence: 0.7776007

00:19:08.660 --> 00:19:10.683 one of my friends gave me this

NOTE Confidence: 0.7776007

00:19:10.683 --> 00:19:12.218 from Tennessee says Redneck Smoke

NOTE Confidence: 0.7776007

00:19:12.272 --> 00:19:13.780 alarm detector insert laugh.

NOTE Confidence: 0.7776007

00:19:13.780 --> 00:19:16.060 Now let's try a little bit of laughter.

NOTE Confidence: 0.8931531

00:19:18.590 --> 00:19:20.758 OK, there we go.

NOTE Confidence: 0.8931531

00:19:20.760 --> 00:19:22.767 This is getting me by a woman who's blonde,

NOTE Confidence: 0.8931531

00:19:22.770 --> 00:19:24.546 now a blonde, can make a blonde joke.

NOTE Confidence: 0.8931531

00:19:24.550 --> 00:19:27.394 The rest of us do not make blonde jokes.

NOTE Confidence: 0.8931531

00:19:27.400 --> 00:19:29.297 Nikki, the next theory, by the way.

NOTE Confidence: 0.8931531

00:19:29.300 --> 00:19:30.660 That was more emotional basis

NOTE Confidence: 0.8931531

00:19:30.660 --> 00:19:31.748 once more cognitive base.

NOTE Confidence: 0.8931531

00:19:31.750 --> 00:19:32.566 The next series,

NOTE Confidence: 0.8931531

00:19:32.566 --> 00:19:33.654 called the Incongruity Theory.

NOTE Confidence: 0.8931531

00:19:33.660 --> 00:19:35.557 This is hi, this is Dallas psychic.

NOTE Confidence: 0.8931531

00:19:35.560 --> 00:19:38.008 We knew you were going to call us so.

NOTE Confidence: 0.8931531

00:19:38.010 --> 00:19:39.062 We called you first.

NOTE Confidence: 0.8931531

00:19:39.062 --> 00:19:41.269 So these are things that don't make sense.

NOTE Confidence: 0.8931531

00:19:41.270 --> 00:19:42.630 Two things that come together

NOTE Confidence: 0.8931531

00:19:42.630 --> 00:19:43.718 when they come together.

NOTE Confidence: 0.8931531

00:19:43.720 --> 00:19:45.382 You just kind of scratch your

NOTE Confidence: 0.8931531

00:19:45.382 --> 00:19:47.260 head and then you get a laugh.

NOTE Confidence: 0.8931531

00:19:47.260 --> 00:19:49.310 So here are some examples.

NOTE Confidence: 0.8931531

00:19:49.310 --> 00:19:50.184 Charlie Chaplin.

NOTE Confidence: 0.8931531

00:19:50.184 --> 00:19:52.369 Charlie Chaplin entered a Charlie

NOTE Confidence: 0.8931531

00:19:52.369 --> 00:19:54.599 Chaplin lookalike contest in Switzerland.

NOTE Confidence: 0.8931531

00:19:54.600 --> 00:19:56.368 He got third place.

NOTE Confidence: 0.8060184

00:19:58.490 --> 00:19:59.846 Whatever you do, always give 100%

NOTE Confidence: 0.8060184

00:19:59.850 --> 00:20:01.198 unless you're donating blood,

NOTE Confidence: 0.8060184

00:20:01.198 --> 00:20:04.049 you might want to hold back a little bit.

NOTE Confidence: 0.8060184

00:20:04.050 --> 00:20:06.490 Sorry, we are closed due to short staff,

NOTE Confidence: 0.8060184

00:20:06.490 --> 00:20:10.154 higher taller staff 'cause I need a Taco.

NOTE Confidence: 0.8060184

00:20:10.160 --> 00:20:12.904 And how about this? More laughter there.

NOTE Confidence: 0.72534806
00:20:17.240 --> 00:20:20.010 Yeah, incongruity.
NOTE Confidence: 0.72534806
00:20:20.010 --> 00:20:21.330 Here's a little video for you.
NOTE Confidence: 0.73556936
00:20:41.380 --> 00:20:43.212 Premium lot, some drinking
NOTE Confidence: 0.73556936
00:20:43.212 --> 00:20:44.590 'cause they're responsible.
NOTE Confidence: 0.833552
00:20:48.890 --> 00:20:51.426 I like the word tired of being fat and ugly.
NOTE Confidence: 0.833552
00:20:51.430 --> 00:20:54.734 Just be ugly. Come to the gym.
NOTE Confidence: 0.833552
00:20:54.740 --> 00:20:56.280 And what it's casual Friday isn't it.
NOTE Confidence: 0.833552
00:20:56.280 --> 00:20:58.040 This was given to me by a nun.
NOTE Confidence: 0.833552
00:20:58.040 --> 00:21:00.020 By the way I thought it was pretty funny.
NOTE Confidence: 0.833552
00:21:00.020 --> 00:21:00.680 So it's incongruous.
NOTE Confidence: 0.833552
00:21:00.680 --> 00:21:02.000 Ian none in an amazing group.
NOTE Confidence: 0.833552
00:21:02.000 --> 00:21:04.240 And in case you didn't get that.
NOTE Confidence: 0.833552
00:21:04.240 --> 00:21:07.159 I'm I'm already disturbed please come in.
NOTE Confidence: 0.7981292
00:21:09.270 --> 00:21:10.478 And then of course,
NOTE Confidence: 0.7981292
00:21:10.478 --> 00:21:12.290 Dylan's got all kinds of things
NOTE Confidence: 0.7981292

00:21:12.353 --> 00:21:14.250 and he's no longer on Late Show,
NOTE Confidence: 0.7981292

00:21:14.250 --> 00:21:16.012 but you get the idea. Anyway,
NOTE Confidence: 0.7981292

00:21:16.012 --> 00:21:17.764 here's some examples from his headlines,
NOTE Confidence: 0.7981292

00:21:17.770 --> 00:21:19.816 famous Jay Jay Leno headlines, Mussel health,
NOTE Confidence: 0.7981292

00:21:19.816 --> 00:21:22.160 food store due to failing health in Ohio,
NOTE Confidence: 0.7981292

00:21:22.160 --> 00:21:23.340 made 79 pronounced dead,
NOTE Confidence: 0.7981292

00:21:23.340 --> 00:21:25.390 but says he feels much better now.
NOTE Confidence: 0.7981292

00:21:25.390 --> 00:21:28.560 Don't try that at home, please.
NOTE Confidence: 0.7981292

00:21:28.560 --> 00:21:30.420 Lyrics right for free help.
NOTE Confidence: 0.80240244

00:21:33.230 --> 00:21:35.102 And would it be cool if we had
NOTE Confidence: 0.80240244

00:21:35.102 --> 00:21:36.243 genetic engineering to make dogs
NOTE Confidence: 0.80240244

00:21:36.243 --> 00:21:38.077 look like this would be cool to have
NOTE Confidence: 0.80240244

00:21:38.077 --> 00:21:39.429 Dalmatians in different colors,
NOTE Confidence: 0.80240244

00:21:39.430 --> 00:21:41.488 but be careful 'cause we could have
NOTE Confidence: 0.80240244

00:21:41.488 --> 00:21:43.239 a ferocious man if you rabbit.
NOTE Confidence: 0.80240244

00:21:43.240 --> 00:21:45.137 Yes, I could be problematic and again

NOTE Confidence: 0.80240244

00:21:45.137 --> 00:21:47.079 in category two things come together.

NOTE Confidence: 0.80240244

00:21:47.080 --> 00:21:48.260 They don't make sense.

NOTE Confidence: 0.80240244

00:21:48.260 --> 00:21:50.030 You get a laugh like this.

NOTE Confidence: 0.80240244

00:21:50.030 --> 00:21:53.926 Anyway, I recognize that guy in Star Trek.

NOTE Confidence: 0.80240244

00:21:53.930 --> 00:21:56.378 OK, so the next theory is by Freud.

NOTE Confidence: 0.80240244

00:21:56.380 --> 00:21:58.522 He actually had a theory, got humor.

NOTE Confidence: 0.80240244

00:21:58.522 --> 00:22:00.358 It's called the release relief theory.

NOTE Confidence: 0.80240244

00:22:00.360 --> 00:22:01.890 It's also called taboo humor,

NOTE Confidence: 0.80240244

00:22:01.890 --> 00:22:03.546 and this is the stuff that

NOTE Confidence: 0.80240244

00:22:03.546 --> 00:22:05.250 kind of gets in trouble.

NOTE Confidence: 0.80240244

00:22:05.250 --> 00:22:07.698 So I had to clean this one up.

NOTE Confidence: 0.80240244

00:22:07.700 --> 00:22:09.660 But just to give you some examples

NOTE Confidence: 0.80240244

00:22:09.660 --> 00:22:11.472 of things which said that basically

NOTE Confidence: 0.80240244

00:22:11.472 --> 00:22:13.290 the reason why you laugh and

NOTE Confidence: 0.80240244

00:22:13.290 --> 00:22:15.271 smile isn't because of the expense

NOTE Confidence: 0.80240244

00:22:15.271 --> 00:22:16.567 of somebody else isn't,
NOTE Confidence: 0.80240244

00:22:16.570 --> 00:22:18.406 because then you'll get it cognitively.
NOTE Confidence: 0.80240244

00:22:18.410 --> 00:22:20.246 It's because of suppressed ***** desires.
NOTE Confidence: 0.80240244

00:22:20.246 --> 00:22:21.470 So here we go,
NOTE Confidence: 0.80240244

00:22:21.470 --> 00:22:23.605 or things which basically just say no,
NOTE Confidence: 0.80240244

00:22:23.610 --> 00:22:24.508 that's taboo.
NOTE Confidence: 0.80240244

00:22:24.508 --> 00:22:27.651 So you see something like this that
NOTE Confidence: 0.80240244

00:22:27.651 --> 00:22:30.386 might be in the category of this.
NOTE Confidence: 0.80240244

00:22:30.390 --> 00:22:32.140 I saw this on the Internet that
NOTE Confidence: 0.80240244

00:22:32.140 --> 00:22:33.609 was pretty places they want to.
NOTE Confidence: 0.80240244

00:22:33.610 --> 00:22:35.346 Noah's Ark and this says good luck.
NOTE Confidence: 0.80240244

00:22:35.350 --> 00:22:37.570 Bring those two Lions were two
NOTE Confidence: 0.80240244

00:22:37.570 --> 00:22:39.050 men not gonna happen.
NOTE Confidence: 0.80240244

00:22:39.050 --> 00:22:40.460 This is by any chance.
NOTE Confidence: 0.80240244

00:22:40.460 --> 00:22:42.432 Have you been rubbing the ***** on
NOTE Confidence: 0.80240244

00:22:42.432 --> 00:22:44.124 your head and swallowing the Rogaine?

NOTE Confidence: 0.80240244

00:22:44.130 --> 00:22:45.540 Look at this guy's tail.

NOTE Confidence: 0.82301205

00:22:47.680 --> 00:22:49.744 And your spell check when you need it.

NOTE Confidence: 0.82301205

00:22:49.750 --> 00:22:51.570 I'll tell you how we need it.

NOTE Confidence: 0.82301205

00:22:51.570 --> 00:22:53.362 For some reason, a lot of people have

NOTE Confidence: 0.82301205

00:22:53.362 --> 00:22:55.447 a hard time spelling with spell check,

NOTE Confidence: 0.82301205

00:22:55.450 --> 00:22:57.772 and I'll let you read this on your own,

NOTE Confidence: 0.82301205

00:22:57.780 --> 00:22:59.418 but you get the idea that you

NOTE Confidence: 0.82301205

00:22:59.418 --> 00:23:01.149 wonder how these things pass muster.

NOTE Confidence: 0.82301205

00:23:01.150 --> 00:23:02.698 And I don't know. It's unbelievable.

NOTE Confidence: 0.82301205

00:23:02.700 --> 00:23:04.260 I got one more for you.

NOTE Confidence: 0.82301205

00:23:04.260 --> 00:23:05.284 Shoppers will be prostituted.

NOTE Confidence: 0.82301205

00:23:05.284 --> 00:23:07.360 I think they have the wrong word there,

NOTE Confidence: 0.82301205

00:23:07.360 --> 00:23:10.285 but when you see this as an example of

NOTE Confidence: 0.82301205

00:23:10.285 --> 00:23:13.038 what Freud would say is taboo humor.

NOTE Confidence: 0.82301205

00:23:13.040 --> 00:23:14.570 And then of course it's smell.

NOTE Confidence: 0.82301205

00:23:14.570 --> 00:23:16.355 Check with you everywhere, not just there.

NOTE Confidence: 0.82301205

00:23:16.360 --> 00:23:18.607 But this is all the more reason

NOTE Confidence: 0.82301205

00:23:18.607 --> 00:23:21.218 to be a vegetarian I think.

NOTE Confidence: 0.82301205

00:23:21.220 --> 00:23:23.432 And I like this and this is, you know,

NOTE Confidence: 0.82301205

00:23:23.432 --> 00:23:24.416 everyone recognizes Marilyn Monroe,

NOTE Confidence: 0.82301205

00:23:24.420 --> 00:23:27.465 but this is when life imitates art.

NOTE Confidence: 0.82301205

00:23:27.470 --> 00:23:31.656 Nothing here in Scotland I might add.

NOTE Confidence: 0.82301205

00:23:31.660 --> 00:23:32.568 If your package is,

NOTE Confidence: 0.82301205

00:23:32.568 --> 00:23:34.320 you're going to get something for crashes.

NOTE Confidence: 0.82301205

00:23:34.320 --> 00:23:35.288 You've already got it.

NOTE Confidence: 0.805985

00:23:37.730 --> 00:23:40.066 Here the last theory is the divinity theory,

NOTE Confidence: 0.805985

00:23:40.070 --> 00:23:41.828 and this is a spiritual theory,

NOTE Confidence: 0.805985

00:23:41.830 --> 00:23:44.467 so we had one that was emotions we can,

NOTE Confidence: 0.805985

00:23:44.470 --> 00:23:46.222 one that was cognitively one that

NOTE Confidence: 0.805985

00:23:46.222 --> 00:23:48.275 was physical, and now we have one

NOTE Confidence: 0.805985

00:23:48.275 --> 00:23:50.114 that's spiritual and this is the

NOTE Confidence: 0.805985

00:23:50.114 --> 00:23:52.291 reason why you laugh and smile is

NOTE Confidence: 0.805985

00:23:52.291 --> 00:23:54.139 because humor is a gift from God,

NOTE Confidence: 0.805985

00:23:54.140 --> 00:23:55.605 very different than the other

NOTE Confidence: 0.805985

00:23:55.605 --> 00:23:56.777 theories of my dad.

NOTE Confidence: 0.805985

00:23:56.780 --> 00:23:59.116 And by the way, when you see clowns,

NOTE Confidence: 0.805985

00:23:59.120 --> 00:24:01.004 clowns are supposed to be dressed

NOTE Confidence: 0.805985

00:24:01.004 --> 00:24:03.243 up in the derivation of the shamanic

NOTE Confidence: 0.805985

00:24:03.243 --> 00:24:04.783 costume were you couldn't tell

NOTE Confidence: 0.805985

00:24:04.783 --> 00:24:06.740 it was male or female and so.

NOTE Confidence: 0.805985

00:24:06.740 --> 00:24:08.721 Here is are some examples of of

NOTE Confidence: 0.805985

00:24:08.721 --> 00:24:10.640 the idea that immunity theory.

NOTE Confidence: 0.805985

00:24:10.640 --> 00:24:11.752 I love this quote.

NOTE Confidence: 0.805985

00:24:11.752 --> 00:24:13.420 It says laughter is the shortest

NOTE Confidence: 0.805985

00:24:13.480 --> 00:24:15.310 distance between two people and

NOTE Confidence: 0.805985

00:24:15.310 --> 00:24:17.140 when people are connected together,

NOTE Confidence: 0.805985

00:24:17.140 --> 00:24:18.440 that's a spiritual concept.
NOTE Confidence: 0.8178463

00:24:20.490 --> 00:24:22.158 And there's actually books about this.
NOTE Confidence: 0.8178463

00:24:22.160 --> 00:24:24.118 I'm not making this stuff up. First.
NOTE Confidence: 0.8178463

00:24:24.118 --> 00:24:26.064 Books called Humor Guys gift bitale bottom.
NOTE Confidence: 0.8178463

00:24:26.070 --> 00:24:28.294 But then we also have the joyful Christ,
NOTE Confidence: 0.8178463

00:24:28.300 --> 00:24:30.410 the healing power of humor.
NOTE Confidence: 0.8178463

00:24:30.410 --> 00:24:32.377 When I took a look in here,
NOTE Confidence: 0.8178463

00:24:32.380 --> 00:24:34.151 I saw some pictures of Jesus that
NOTE Confidence: 0.8178463

00:24:34.151 --> 00:24:36.048 I didn't even know where possible.
NOTE Confidence: 0.8178463

00:24:36.050 --> 00:24:37.550 It looks like my college roommates
NOTE Confidence: 0.8178463

00:24:37.550 --> 00:24:39.150 at the University of Connecticut.
NOTE Confidence: 0.8178463

00:24:39.150 --> 00:24:40.560 But anyway there we go.
NOTE Confidence: 0.8178463

00:24:40.560 --> 00:24:42.246 But it's not just for Catholics,
NOTE Confidence: 0.8178463

00:24:42.250 --> 00:24:43.378 although this is actually,
NOTE Confidence: 0.8178463

00:24:43.378 --> 00:24:46.318 well, Catholic joke here.
NOTE Confidence: 0.8178463

00:24:46.320 --> 00:24:48.408 And there's an Easter joke there for you.

NOTE Confidence: 0.8178463

00:24:48.410 --> 00:24:49.715 It's also something that dialam

NOTE Confidence: 0.8178463

00:24:49.715 --> 00:24:51.020 a from the Buddhist tradition,

NOTE Confidence: 0.8178463

00:24:51.020 --> 00:24:52.325 also celebrates and he says

NOTE Confidence: 0.8178463

00:24:52.325 --> 00:24:53.369 laughter is so important.

NOTE Confidence: 0.8178463

00:24:53.370 --> 00:24:55.458 If you know anything about him at all,

NOTE Confidence: 0.8178463

00:24:55.460 --> 00:24:57.020 you know that he definitely loves

NOTE Confidence: 0.8178463

00:24:57.020 --> 00:24:58.883 to laugh and smile and uses that

NOTE Confidence: 0.8178463

00:24:58.883 --> 00:25:00.158 in all those presentations and

NOTE Confidence: 0.8178463

00:25:00.158 --> 00:25:01.976 he has a really high could slap.

NOTE Confidence: 0.8178463

00:25:01.980 --> 00:25:02.763 It's pretty funny.

NOTE Confidence: 0.8178463

00:25:02.763 --> 00:25:05.255 And when you hear it, it's very infectious,

NOTE Confidence: 0.8178463

00:25:05.255 --> 00:25:07.625 so it's it's pretty cool too.

NOTE Confidence: 0.8178463

00:25:07.630 --> 00:25:09.758 And so I had a couple cartoons voices

NOTE Confidence: 0.8178463

00:25:09.758 --> 00:25:11.628 don't make the same mistake twice,

NOTE Confidence: 0.8178463

00:25:11.630 --> 00:25:13.346 saying no to reincarnation is the

NOTE Confidence: 0.8178463

00:25:13.346 --> 00:25:15.350 reform Buddhist, and here's one for me.

NOTE Confidence: 0.8178463

00:25:15.350 --> 00:25:16.208 Says OK, everyone.

NOTE Confidence: 0.8178463

00:25:16.208 --> 00:25:17.066 Now listen carefully.

NOTE Confidence: 0.8178463

00:25:17.070 --> 00:25:19.398 I don't want to end up with four

NOTE Confidence: 0.8178463

00:25:19.398 --> 00:25:20.499 different versions of this.

NOTE Confidence: 0.8178463

00:25:20.500 --> 00:25:21.930 It's a little new Age,

NOTE Confidence: 0.8178463

00:25:21.930 --> 00:25:24.098 New Testament humor there.

NOTE Confidence: 0.8178463

00:25:24.100 --> 00:25:24.358 Well,

NOTE Confidence: 0.8178463

00:25:24.358 --> 00:25:25.906 at the last minute least my

NOTE Confidence: 0.8178463

00:25:25.906 --> 00:25:27.300 favorite book in the planet,

NOTE Confidence: 0.8178463

00:25:27.300 --> 00:25:28.908 it's called Children's letters to God.

NOTE Confidence: 0.8178463

00:25:28.910 --> 00:25:30.240 If you get a chance,

NOTE Confidence: 0.8178463

00:25:30.240 --> 00:25:31.890 highly recommend to pick this up

NOTE Confidence: 0.8178463

00:25:31.890 --> 00:25:33.546 and my favorite letter in there

NOTE Confidence: 0.8178463

00:25:33.546 --> 00:25:35.046 is when this little kid writes,

NOTE Confidence: 0.8178463

00:25:35.050 --> 00:25:35.704 Dear God,

NOTE Confidence: 0.8178463

00:25:35.704 --> 00:25:37.666 I don't feel like think came

NOTE Confidence: 0.8178463

00:25:37.666 --> 00:25:39.696 would have killed Abel if they

NOTE Confidence: 0.8178463

00:25:39.696 --> 00:25:42.026 had their own bedrooms and he says

NOTE Confidence: 0.8178463

00:25:42.026 --> 00:25:44.126 it works for me and my brother.

NOTE Confidence: 0.8178463

00:25:44.130 --> 00:25:45.093 Alright, insert laterals.

NOTE Confidence: 0.8178463

00:25:45.093 --> 00:25:46.377 Have more laughter there.

NOTE Confidence: 0.897871994

00:25:49.240 --> 00:25:51.300 OK, there we go. Well,

NOTE Confidence: 0.897871994

00:25:51.300 --> 00:25:53.580 just to show you how complex humor is,

NOTE Confidence: 0.897871994

00:25:53.580 --> 00:25:55.296 not only are there for reasons

NOTE Confidence: 0.897871994

00:25:55.296 --> 00:25:56.972 we laugh and smile, but there's

NOTE Confidence: 0.897871994

00:25:56.972 --> 00:25:58.568 also many different types of humor

NOTE Confidence: 0.897871994

00:25:58.568 --> 00:26:00.158 which makes it rather complicated.

NOTE Confidence: 0.897871994

00:26:00.160 --> 00:26:02.824 In other words, you can have someone tell a

NOTE Confidence: 0.897871994

00:26:02.824 --> 00:26:05.592 joke and you can laugh at it for one reason,

NOTE Confidence: 0.897871994

00:26:05.600 --> 00:26:07.315 and somebody else can laugh at it

NOTE Confidence: 0.897871994

00:26:07.315 --> 00:26:09.030 for a whole different reason.
NOTE Confidence: 0.897871994

00:26:09.030 --> 00:26:10.460 And it's very, very complicated.
NOTE Confidence: 0.897871994

00:26:10.460 --> 00:26:12.455 Psychology of humor is complex at best,
NOTE Confidence: 0.897871994

00:26:12.460 --> 00:26:14.364 and so just to kind of make
NOTE Confidence: 0.897871994

00:26:14.364 --> 00:26:16.180 sure we're on the same page.
NOTE Confidence: 0.897871994

00:26:16.180 --> 00:26:19.078 Here are some different types of humor.
NOTE Confidence: 0.897871994

00:26:19.080 --> 00:26:21.180 The first one is called self parody.
NOTE Confidence: 0.897871994

00:26:21.180 --> 00:26:23.404 This is when you make fun of yourself
NOTE Confidence: 0.897871994

00:26:23.404 --> 00:26:25.288 and this is actually thought to
NOTE Confidence: 0.897871994

00:26:25.288 --> 00:26:27.178 be the highest form of humor.
NOTE Confidence: 0.897871994

00:26:27.180 --> 00:26:29.280 When you can make fun of yourself,
NOTE Confidence: 0.897871994

00:26:29.280 --> 00:26:31.380 but not of your own self esteem,
NOTE Confidence: 0.897871994

00:26:31.380 --> 00:26:33.480 we don't want to lose self-esteem here,
NOTE Confidence: 0.897871994

00:26:33.480 --> 00:26:35.307 so some classic examples of this would
NOTE Confidence: 0.897871994

00:26:35.307 --> 00:26:37.079 be things like Rodney Dangerfield.
NOTE Confidence: 0.897871994

00:26:37.080 --> 00:26:40.080 You know we lost him a couple of years ago.

NOTE Confidence: 0.897871994

00:26:40.080 --> 00:26:41.964 We're losing so many great comedians

NOTE Confidence: 0.897871994

00:26:41.964 --> 00:26:43.978 from a certain Golden age of humor,

NOTE Confidence: 0.897871994

00:26:43.980 --> 00:26:46.024 but it turns out that if you

NOTE Confidence: 0.897871994

00:26:46.024 --> 00:26:47.878 listen to his humor it was.

NOTE Confidence: 0.897871994

00:26:47.880 --> 00:26:49.760 It was very self deprecating.

NOTE Confidence: 0.897871994

00:26:49.760 --> 00:26:51.136 The word they use,

NOTE Confidence: 0.897871994

00:26:51.136 --> 00:26:52.856 and so that's one example,

NOTE Confidence: 0.897871994

00:26:52.860 --> 00:26:54.428 but we have others.

NOTE Confidence: 0.897871994

00:26:54.428 --> 00:26:57.700 Have you ever heard of Jeff Foxworthy?

NOTE Confidence: 0.897871994

00:26:57.700 --> 00:26:59.908 He's really big on redneck humor

NOTE Confidence: 0.897871994

00:26:59.908 --> 00:27:02.715 and I'll give you one example of

NOTE Confidence: 0.897871994

00:27:02.715 --> 00:27:04.395 his with your permission,

NOTE Confidence: 0.897871994

00:27:04.400 --> 00:27:05.060 he says,

NOTE Confidence: 0.897871994

00:27:05.060 --> 00:27:07.700 if you stare at a carton of orange

NOTE Confidence: 0.897871994

00:27:07.777 --> 00:27:10.307 juice 'cause it says concentrate,

NOTE Confidence: 0.897871994

00:27:10.310 --> 00:27:12.280 you might be a redneck.
NOTE Confidence: 0.8052016

00:27:18.370 --> 00:27:21.009 Alright, hope you laughed at that one.
NOTE Confidence: 0.8052016

00:27:21.010 --> 00:27:23.047 Well, he's also making fun of yourself.
NOTE Confidence: 0.8052016

00:27:23.050 --> 00:27:25.386 You notice her license plate is upside down,
NOTE Confidence: 0.8052016

00:27:25.390 --> 00:27:28.230 but I gotta tell you I've seen like about 15
NOTE Confidence: 0.8052016

00:27:28.294 --> 00:27:30.940 cars like this and just one more for you.
NOTE Confidence: 0.8052016

00:27:30.940 --> 00:27:32.977 Apparently it's it's a. It's a trend,
NOTE Confidence: 0.8052016

00:27:32.980 --> 00:27:35.608 so it's OK when you make fun of yourself.
NOTE Confidence: 0.8052016

00:27:35.610 --> 00:27:37.878 This is good, but not at the expense of
NOTE Confidence: 0.8052016

00:27:37.878 --> 00:27:39.914 your own self-esteem. So self parody.
NOTE Confidence: 0.8052016

00:27:39.914 --> 00:27:41.790 The ability to laugh at yourself without
NOTE Confidence: 0.8052016

00:27:41.845 --> 00:27:43.597 sacrificing yourself esteem that is so
NOTE Confidence: 0.8052016

00:27:43.597 --> 00:27:45.540 important and you know the expression.
NOTE Confidence: 0.8052016

00:27:45.540 --> 00:27:47.868 Take yourself lightly is what it's all about.
NOTE Confidence: 0.8052016

00:27:47.870 --> 00:27:49.330 The next category is called
NOTE Confidence: 0.8052016

00:27:49.330 --> 00:27:50.206 satire and parody.

NOTE Confidence: 0.8052016

00:27:50.210 --> 00:27:52.534 And of course all our talk shows.

NOTE Confidence: 0.8052016

00:27:52.540 --> 00:27:54.283 Seem to have a lot of this

NOTE Confidence: 0.8052016

00:27:54.283 --> 00:27:55.640 in there right recently,

NOTE Confidence: 0.8052016

00:27:55.640 --> 00:27:58.080 but it began before these two guys actually

NOTE Confidence: 0.8052016

00:27:58.080 --> 00:28:00.258 began before these guys here in the most

NOTE Confidence: 0.8052016

00:28:00.258 --> 00:28:02.410 famous show of all is starting at live.

NOTE Confidence: 0.8052016

00:28:02.410 --> 00:28:04.666 This is the not ready for primetime players,

NOTE Confidence: 0.8052016

00:28:04.670 --> 00:28:06.366 and I think we have a few people

NOTE Confidence: 0.8052016

00:28:06.366 --> 00:28:07.907 in the audience who probably

NOTE Confidence: 0.8052016

00:28:07.907 --> 00:28:10.013 recognize some of these phases here.

NOTE Confidence: 0.8052016

00:28:10.020 --> 00:28:11.120 We've lost a couple,

NOTE Confidence: 0.8052016

00:28:11.120 --> 00:28:13.130 but we still have a couple here,

NOTE Confidence: 0.8052016

00:28:13.130 --> 00:28:15.027 so I just thought I'd put that

NOTE Confidence: 0.8052016

00:28:15.027 --> 00:28:16.789 in there for old time sake,

NOTE Confidence: 0.8052016

00:28:16.790 --> 00:28:18.200 but here are some examples

NOTE Confidence: 0.8052016

00:28:18.200 --> 00:28:19.328 of parody and satire.
NOTE Confidence: 0.8052016

00:28:19.330 --> 00:28:20.970 Mad Magazine probably half
NOTE Confidence: 0.8052016

00:28:20.970 --> 00:28:23.020 you grew up with that.
NOTE Confidence: 0.8052016

00:28:23.020 --> 00:28:24.290 And then how about this?
NOTE Confidence: 0.8052016

00:28:24.290 --> 00:28:26.036 The complete idiots Guide for Dummies
NOTE Confidence: 0.8052016

00:28:26.036 --> 00:28:28.102 and you can see that they actually
NOTE Confidence: 0.8052016

00:28:28.102 --> 00:28:30.414 spelt a lot of words wrong there for
NOTE Confidence: 0.8052016

00:28:30.414 --> 00:28:32.154 obvious reasons to get the laugh.
NOTE Confidence: 0.8052016

00:28:32.160 --> 00:28:34.170 And of course we have some
NOTE Confidence: 0.8052016

00:28:34.170 --> 00:28:35.510 humorous today Berry course.
NOTE Confidence: 0.8052016

00:28:35.510 --> 00:28:38.190 Bilars lost art book, Walden Robe on back.
NOTE Confidence: 0.8052016

00:28:38.190 --> 00:28:41.502 But we have lots of of humorists who
NOTE Confidence: 0.8052016

00:28:41.502 --> 00:28:44.604 basically take a lighter side of the look
NOTE Confidence: 0.8052016

00:28:44.604 --> 00:28:48.016 of life and that's what this is all about.
NOTE Confidence: 0.8052016

00:28:48.020 --> 00:28:49.600 And here's one for you.
NOTE Confidence: 0.8052016

00:28:49.600 --> 00:28:50.640 This is college education.

NOTE Confidence: 0.8052016

00:28:50.640 --> 00:28:52.200 Of course there's a lot of

NOTE Confidence: 0.8052016

00:28:52.251 --> 00:28:53.379 knowledge universities,

NOTE Confidence: 0.8052016

00:28:53.380 --> 00:28:55.270 the freshmen bring a little in.

NOTE Confidence: 0.8052016

00:28:55.270 --> 00:28:57.160 The seniors don't take much away,

NOTE Confidence: 0.8052016

00:28:57.160 --> 00:28:59.360 so knowledge sort of accumulates.

NOTE Confidence: 0.8052016

00:28:59.360 --> 00:29:00.449 Insert laugh now.

NOTE Confidence: 0.7809446

00:29:03.760 --> 00:29:05.867 OK, and of course parodies are big

NOTE Confidence: 0.7809446

00:29:05.867 --> 00:29:07.759 with The Princess Bride and Shrek.

NOTE Confidence: 0.7809446

00:29:07.760 --> 00:29:09.240 Princess Bride was actually a

NOTE Confidence: 0.7809446

00:29:09.240 --> 00:29:11.459 great parody of a love story Fable,

NOTE Confidence: 0.7809446

00:29:11.460 --> 00:29:13.916 and then that kind of got blown on.

NOTE Confidence: 0.7809446

00:29:13.920 --> 00:29:15.112 The water was Shrek,

NOTE Confidence: 0.7809446

00:29:15.112 --> 00:29:17.575 but again there are some of the best

NOTE Confidence: 0.7809446

00:29:17.575 --> 00:29:19.703 comedies we have for this type of

NOTE Confidence: 0.7809446

00:29:19.703 --> 00:29:21.820 parity of fairy tales. If you will.

NOTE Confidence: 0.7809446

00:29:21.820 --> 00:29:23.710 The next type of humor is called
NOTE Confidence: 0.7809446

00:29:23.775 --> 00:29:26.239 political humor and this is very topical.
NOTE Confidence: 0.7809446

00:29:26.240 --> 00:29:27.780 Changes from day to day.
NOTE Confidence: 0.7809446

00:29:27.780 --> 00:29:29.936 But this one said next time percent.
NOTE Confidence: 0.7809446

00:29:29.940 --> 00:29:32.510 The cookies are eaten by 1%. The characters.
NOTE Confidence: 0.7809446

00:29:32.510 --> 00:29:33.950 Occupy Sesame Street insert.
NOTE Confidence: 0.7809446

00:29:33.950 --> 00:29:36.870 Laugh now and how about this one here?
NOTE Confidence: 0.7809446

00:29:36.870 --> 00:29:38.700 Climate change is a hoax.
NOTE Confidence: 0.7809446

00:29:38.700 --> 00:29:40.890 OK, so you get the idea.
NOTE Confidence: 0.7809446

00:29:40.890 --> 00:29:43.634 Very, very topical. And.
NOTE Confidence: 0.7809446

00:29:43.634 --> 00:29:44.786 Obvious missed one.
NOTE Confidence: 0.7809446

00:29:44.786 --> 00:29:46.706 This one says not affiliated
NOTE Confidence: 0.7809446

00:29:46.706 --> 00:29:48.619 with Carnival Cruise Lines,
NOTE Confidence: 0.7809446

00:29:48.620 --> 00:29:50.402 you know 'cause they've had their
NOTE Confidence: 0.7809446

00:29:50.402 --> 00:29:52.148 share of problems with all the
NOTE Confidence: 0.7809446

00:29:52.148 --> 00:29:53.891 boats there the next time he was

NOTE Confidence: 0.7809446

00:29:53.891 --> 00:29:55.258 called slapstick and slapstick

NOTE Confidence: 0.7809446

00:29:55.258 --> 00:29:57.018 actually is a physical farce.

NOTE Confidence: 0.7809446

00:29:57.020 --> 00:29:57.920 No words stop,

NOTE Confidence: 0.7809446

00:29:57.920 --> 00:29:59.720 stick comes to us from French

NOTE Confidence: 0.7809446

00:29:59.720 --> 00:30:01.668 theater with back in the day they

NOTE Confidence: 0.7809446

00:30:01.668 --> 00:30:03.435 actually had a piece of leather

NOTE Confidence: 0.7809446

00:30:03.435 --> 00:30:05.373 nailed to aboard that work recreate

NOTE Confidence: 0.7809446

00:30:05.373 --> 00:30:07.220 the sound of getting slapped across

NOTE Confidence: 0.7809446

00:30:07.220 --> 00:30:09.020 face horse person and get slapped.

NOTE Confidence: 0.7809446

00:30:09.020 --> 00:30:11.022 It was all a sound effect and

NOTE Confidence: 0.7809446

00:30:11.022 --> 00:30:12.920 that's where that word comes from.

NOTE Confidence: 0.7809446

00:30:12.920 --> 00:30:14.720 But it really means physical farce.

NOTE Confidence: 0.7809446

00:30:14.720 --> 00:30:16.650 And it's a way to.

NOTE Confidence: 0.7809446

00:30:16.650 --> 00:30:18.750 How deal with aggression at an

NOTE Confidence: 0.7809446

00:30:18.750 --> 00:30:21.003 unconscious level so that when you see

NOTE Confidence: 0.7809446

00:30:21.003 --> 00:30:23.220 someone who gets a pie in the face,
NOTE Confidence: 0.7809446

00:30:23.220 --> 00:30:25.452 you laugh because at some unconscious
NOTE Confidence: 0.7809446

00:30:25.452 --> 00:30:28.031 level you would like to have someone get
NOTE Confidence: 0.7809446

00:30:28.031 --> 00:30:31.048 a pie in the face or slip on a banana peel.
NOTE Confidence: 0.7809446

00:30:31.050 --> 00:30:32.868 So the examples of this would
NOTE Confidence: 0.7809446

00:30:32.868 --> 00:30:34.780 be the Marx Brothers now granted
NOTE Confidence: 0.7809446

00:30:34.780 --> 00:30:36.999 across would do all kinds of humor.
NOTE Confidence: 0.7809446

00:30:37.000 --> 00:30:38.140 He was a genius,
NOTE Confidence: 0.7809446

00:30:38.140 --> 00:30:40.256 but the physical forest from Vogel was
NOTE Confidence: 0.7809446

00:30:40.256 --> 00:30:42.320 definitely the biggest example of that.
NOTE Confidence: 0.7809446

00:30:42.320 --> 00:30:44.728 And then of course we have the Three
NOTE Confidence: 0.7809446

00:30:44.728 --> 00:30:46.778 Stooges Classic Classic example of this.
NOTE Confidence: 0.7809446

00:30:46.780 --> 00:30:48.580 A lot of people thought that he was stupid,
NOTE Confidence: 0.7809446

00:30:48.580 --> 00:30:50.246 but in one sense it was genius
NOTE Confidence: 0.7809446

00:30:50.246 --> 00:30:51.910 and how they pulled this off.
NOTE Confidence: 0.7809446

00:30:51.910 --> 00:30:54.166 And then of course, my favorite Lucille Ball.

NOTE Confidence: 0.7809446

00:30:54.170 --> 00:30:55.773 If you ever saw the episode with

NOTE Confidence: 0.7809446

00:30:55.773 --> 00:30:57.831 a lot of embedment and you know

NOTE Confidence: 0.7809446

00:30:57.831 --> 00:30:59.805 exactly what I'm talking about here,

NOTE Confidence: 0.7809446

00:30:59.810 --> 00:31:02.442 but she was just the Queen of Comedy

NOTE Confidence: 0.7809446

00:31:02.442 --> 00:31:04.957 with this sub stick approach to it.

NOTE Confidence: 0.7809446

00:31:04.960 --> 00:31:06.290 And here's a little video for you.

NOTE Confidence: 0.82361645

00:31:33.380 --> 00:31:35.039 OK, if you laughed, it's because

NOTE Confidence: 0.82361645

00:31:35.039 --> 00:31:36.950 there's somebody who you want to have

NOTE Confidence: 0.82361645

00:31:37.004 --> 00:31:38.720 a Turkey thrown at unconsciously now.

NOTE Confidence: 0.82361645

00:31:38.720 --> 00:31:40.406 Also, the cartoons like the Road

NOTE Confidence: 0.82361645

00:31:40.406 --> 00:31:42.089 Runner on the case in point.

NOTE Confidence: 0.82361645

00:31:42.090 --> 00:31:43.875 I mean, you get a frying pan

NOTE Confidence: 0.82361645

00:31:43.875 --> 00:31:45.811 over your head and you shake your

NOTE Confidence: 0.82361645

00:31:45.811 --> 00:31:47.850 head out and did your frying pan

NOTE Confidence: 0.82361645

00:31:47.850 --> 00:31:49.680 head turns back to normal shape.

NOTE Confidence: 0.82361645

00:31:49.680 --> 00:31:51.816 This is all a lot of people thought
NOTE Confidence: 0.82361645

00:31:51.816 --> 00:31:53.050 was aggression based humor,
NOTE Confidence: 0.82361645

00:31:53.050 --> 00:31:55.250 but it really was a way to release
NOTE Confidence: 0.82361645

00:31:55.250 --> 00:31:56.835 tension and that's the idea
NOTE Confidence: 0.82361645

00:31:56.835 --> 00:31:58.785 behind cartoons like this too so.
NOTE Confidence: 0.82361645

00:31:58.790 --> 00:32:01.966 Slapstick now the next one,
NOTE Confidence: 0.82361645

00:32:01.966 --> 00:32:03.700 perhaps some of you can relate
NOTE Confidence: 0.82361645

00:32:03.763 --> 00:32:05.268 to is called black humor,
NOTE Confidence: 0.82361645

00:32:05.270 --> 00:32:07.335 but black humor is not ethnic humor.
NOTE Confidence: 0.82361645

00:32:07.340 --> 00:32:09.188 Black humor is called their flirtatious
NOTE Confidence: 0.82361645

00:32:09.188 --> 00:32:11.030 brush with death and the people
NOTE Confidence: 0.82361645

00:32:11.030 --> 00:32:12.686 who actually can laugh the most.
NOTE Confidence: 0.82361645

00:32:12.690 --> 00:32:14.594 The ones who are the front lines
NOTE Confidence: 0.82361645

00:32:14.594 --> 00:32:15.960 of the healthcare industry,
NOTE Confidence: 0.82361645

00:32:15.960 --> 00:32:16.848 like nurses, doctors,
NOTE Confidence: 0.82361645

00:32:16.848 --> 00:32:18.328 first responders by cancer patients,

NOTE Confidence: 0.82361645

00:32:18.330 --> 00:32:19.820 also can relate to this.

NOTE Confidence: 0.82361645

00:32:19.820 --> 00:32:21.916 And so if you see that the humor

NOTE Confidence: 0.82361645

00:32:21.916 --> 00:32:24.005 here but the woman in the caskets

NOTE Confidence: 0.82361645

00:32:24.005 --> 00:32:26.211 were in the same dress as the

NOTE Confidence: 0.82361645

00:32:26.211 --> 00:32:28.125 woman who's there at her funeral.

NOTE Confidence: 0.82361645

00:32:28.130 --> 00:32:29.374 So insert laugh now,

NOTE Confidence: 0.82361645

00:32:29.374 --> 00:32:31.240 but here are some other examples.

NOTE Confidence: 0.82361645

00:32:31.240 --> 00:32:33.118 They also called his gallows humor,

NOTE Confidence: 0.82361645

00:32:33.120 --> 00:32:34.134 by the way,

NOTE Confidence: 0.82361645

00:32:34.134 --> 00:32:36.500 and this was I found a slide

NOTE Confidence: 0.82361645

00:32:36.586 --> 00:32:38.698 show for cancer patients.

NOTE Confidence: 0.82361645

00:32:38.700 --> 00:32:40.625 But the big show example is mash.

NOTE Confidence: 0.82361645

00:32:40.630 --> 00:32:42.304 You know The funny thing about

NOTE Confidence: 0.82361645

00:32:42.304 --> 00:32:43.939 this show was that the war,

NOTE Confidence: 0.82361645

00:32:43.940 --> 00:32:46.424 the Korean War only went on for three years.

NOTE Confidence: 0.82361645

00:32:46.430 --> 00:32:50.175 This TV show went on for 10.
NOTE Confidence: 0.82361645

00:32:50.180 --> 00:32:51.308 And of course, scrubs.
NOTE Confidence: 0.82361645

00:32:51.308 --> 00:32:53.638 Kind of like picked up on some of
NOTE Confidence: 0.82361645

00:32:53.638 --> 00:32:55.360 the medical humour if you will,
NOTE Confidence: 0.82361645

00:32:55.360 --> 00:32:57.376 or the gallows humor if you will.
NOTE Confidence: 0.82361645

00:32:57.380 --> 00:32:58.820 About this one says mind,
NOTE Confidence: 0.82361645

00:32:58.820 --> 00:33:00.836 if I clear my browser history first,
NOTE Confidence: 0.82361645

00:33:00.840 --> 00:33:04.025 insert laugh now. This is grampa.
NOTE Confidence: 0.82361645

00:33:04.025 --> 00:33:06.420 Can you make a noise like a frog?
NOTE Confidence: 0.82361645

00:33:06.420 --> 00:33:07.596 I don't know why,
NOTE Confidence: 0.82361645

00:33:07.596 --> 00:33:09.360 because Grandma says when you croak
NOTE Confidence: 0.82361645

00:33:09.419 --> 00:33:11.135 she'll take me to Disney World,
NOTE Confidence: 0.82361645

00:33:11.140 --> 00:33:13.339 insert, laugh now.
NOTE Confidence: 0.82361645

00:33:13.340 --> 00:33:15.548 And then this guy came out with the
NOTE Confidence: 0.82361645

00:33:15.548 --> 00:33:17.734 book Louis Shaped with a book called
NOTE Confidence: 0.82361645

00:33:17.734 --> 00:33:19.720 Out The Best in Gravestone Humor.

NOTE Confidence: 0.82361645

00:33:19.720 --> 00:33:21.673 He went around to see who really

NOTE Confidence: 0.82361645

00:33:21.673 --> 00:33:24.184 got the last laugh and took a look

NOTE Confidence: 0.82361645

00:33:24.184 --> 00:33:25.794 at some of Tombstone epitaphs.

NOTE Confidence: 0.82361645

00:33:25.800 --> 00:33:28.240 And there's lots of which are pretty funny.

NOTE Confidence: 0.82361645

00:33:28.240 --> 00:33:29.316 But here's my favorite.

NOTE Confidence: 0.82361645

00:33:29.316 --> 00:33:31.325 It says here lies the body of

NOTE Confidence: 0.82361645

00:33:31.325 --> 00:33:33.000 Susan Louder who burst while

NOTE Confidence: 0.82361645

00:33:33.000 --> 00:33:34.005 drinking seltzer powder.

NOTE Confidence: 0.82361645

00:33:34.010 --> 00:33:36.434 Call from this world to her heavenly rest.

NOTE Confidence: 0.82361645

00:33:36.440 --> 00:33:38.568 She should've waited till it ever vest.

NOTE Confidence: 0.8379285

00:33:41.050 --> 00:33:42.484 And this says it ruins the

NOTE Confidence: 0.8379285

00:33:42.484 --> 00:33:44.528 effect if I say if I say who it

NOTE Confidence: 0.8379285

00:33:44.528 --> 00:33:46.070 is hit you just come down OK,

NOTE Confidence: 0.8379285

00:33:46.070 --> 00:33:47.820 get the idea about that.

NOTE Confidence: 0.8379285

00:33:47.820 --> 00:33:49.434 And just when you thought you

NOTE Confidence: 0.8379285

00:33:49.434 --> 00:33:51.512 could take with you, sure enough,
NOTE Confidence: 0.8379285

00:33:51.512 --> 00:33:54.518 that's a that's a case there.
NOTE Confidence: 0.8379285

00:33:54.520 --> 00:33:56.374 And this is for all the nurses in the
NOTE Confidence: 0.8379285

00:33:56.374 --> 00:33:57.925 audience is watching woman with a dog.
NOTE Confidence: 0.8901508

00:34:02.240 --> 00:34:04.076 I think she just took a trip to hospital.
NOTE Confidence: 0.8901508

00:34:04.080 --> 00:34:06.220 OK, so that's that.
NOTE Confidence: 0.8901508

00:34:06.220 --> 00:34:08.145 The next category of humor we say,
NOTE Confidence: 0.8901508

00:34:08.150 --> 00:34:09.837 I think we lost power at number
NOTE Confidence: 0.8901508

00:34:09.837 --> 00:34:11.720 45 is called the double entendre.
NOTE Confidence: 0.8901508

00:34:11.720 --> 00:34:12.820 Little jokes as urology
NOTE Confidence: 0.8901508

00:34:12.820 --> 00:34:13.920 Department can you hold?
NOTE Confidence: 0.8901508

00:34:13.920 --> 00:34:15.570 Obviously you know double under there.
NOTE Confidence: 0.8901508

00:34:15.570 --> 00:34:16.395 So double terms.
NOTE Confidence: 0.8901508

00:34:16.395 --> 00:34:17.770 There's two jokes going on.
NOTE Confidence: 0.8901508

00:34:17.770 --> 00:34:19.818 Two different levels of this and we see
NOTE Confidence: 0.8901508

00:34:19.818 --> 00:34:22.170 this a lot with things like James Bond.

NOTE Confidence: 0.8901508

00:34:22.170 --> 00:34:24.039 There was a lot of double entendres

NOTE Confidence: 0.8901508

00:34:24.039 --> 00:34:25.748 with the original David James Bond.

NOTE Confidence: 0.8901508

00:34:25.750 --> 00:34:28.500 Lot of Disney movies if you take your kid to

NOTE Confidence: 0.8901508

00:34:28.563 --> 00:34:31.243 see a Disney movie back in the 70s and 80s,

NOTE Confidence: 0.8901508

00:34:31.250 --> 00:34:32.278 not so much now,

NOTE Confidence: 0.8901508

00:34:32.278 --> 00:34:33.820 but maybe you're laughing at something

NOTE Confidence: 0.8901508

00:34:33.872 --> 00:34:35.367 your kids laughing at something,

NOTE Confidence: 0.8901508

00:34:35.370 --> 00:34:37.170 but you think you better be.

NOTE Confidence: 0.8901508

00:34:37.170 --> 00:34:38.640 Not laughing at what I'm laughing

NOTE Confidence: 0.8901508

00:34:38.640 --> 00:34:40.608 at this not just too young for that,

NOTE Confidence: 0.8901508

00:34:40.610 --> 00:34:42.824 but Disney knew how to write it to levels.

NOTE Confidence: 0.8901508

00:34:42.830 --> 00:34:43.541 And of course,

NOTE Confidence: 0.8901508

00:34:43.541 --> 00:34:44.726 if you ever watch Austin

NOTE Confidence: 0.8901508

00:34:44.726 --> 00:34:45.779 Powers the same thing.

NOTE Confidence: 0.8901508

00:34:45.780 --> 00:34:47.820 So here are some examples

NOTE Confidence: 0.8901508

00:34:47.820 --> 00:34:49.452 of a double entendre.
NOTE Confidence: 0.8901508

00:34:49.460 --> 00:34:50.916 Clean up the earth.
NOTE Confidence: 0.8901508

00:34:50.916 --> 00:34:52.008 It's not Uranus.
NOTE Confidence: 0.8264562

00:34:54.230 --> 00:34:56.846 Tiger puts balls in the wrong place again.
NOTE Confidence: 0.9074005

00:34:59.730 --> 00:35:01.882 And I want you to visualize a crack
NOTE Confidence: 0.9074005

00:35:01.882 --> 00:35:04.060 in the window and see how well you
NOTE Confidence: 0.9074005

00:35:04.060 --> 00:35:06.397 do and see if it looks like this.
NOTE Confidence: 0.9074005

00:35:06.400 --> 00:35:07.288 I didn't think so.
NOTE Confidence: 0.9074005

00:35:07.288 --> 00:35:10.018 Yeah, this is a double entendre too.
NOTE Confidence: 0.9074005

00:35:10.020 --> 00:35:11.250 And then I saw this.
NOTE Confidence: 0.9074005

00:35:11.250 --> 00:35:13.446 This is an ad and someone's a subway store.
NOTE Confidence: 0.9074005

00:35:13.450 --> 00:35:15.655 I'm not going to go there on that one,
NOTE Confidence: 0.9074005

00:35:15.660 --> 00:35:16.880 but you get the idea.
NOTE Confidence: 0.9074005

00:35:16.880 --> 00:35:18.350 Let him have ***** connotations there,
NOTE Confidence: 0.9074005

00:35:18.350 --> 00:35:19.580 which goes back to Freud.
NOTE Confidence: 0.9074005

00:35:19.580 --> 00:35:22.499 So you see how the dots connect.

NOTE Confidence: 0.9074005

00:35:22.500 --> 00:35:24.828 The next type of humor is called irony,

NOTE Confidence: 0.9074005

00:35:24.830 --> 00:35:27.022 and this is when the exact opposite happens

NOTE Confidence: 0.9074005

00:35:27.022 --> 00:35:29.189 at what you think supposed to happen.

NOTE Confidence: 0.9074005

00:35:29.190 --> 00:35:31.518 So usually dogs pee in a fire hydrant,

NOTE Confidence: 0.9074005

00:35:31.520 --> 00:35:33.266 but in this case the fire

NOTE Confidence: 0.9074005

00:35:33.266 --> 00:35:35.010 hydrant is peeing on the dog,

NOTE Confidence: 0.9074005

00:35:35.010 --> 00:35:37.047 so some examples of irony someone says.

NOTE Confidence: 0.9074005

00:35:37.050 --> 00:35:39.192 Can you guys please recommend a book

NOTE Confidence: 0.9074005

00:35:39.192 --> 00:35:41.572 that made you cry and someone wrote

NOTE Confidence: 0.9074005

00:35:41.572 --> 00:35:43.666 down organic chemistry made me cry.

NOTE Confidence: 0.9074005

00:35:43.670 --> 00:35:44.879 Insert laugh now.

NOTE Confidence: 0.73992807

00:35:49.950 --> 00:35:51.966 OK, this one says works and has been

NOTE Confidence: 0.73992807

00:35:51.966 --> 00:35:53.614 accident free since it would be a

NOTE Confidence: 0.73992807

00:35:53.614 --> 00:35:55.209 date but they put since Joe left.

NOTE Confidence: 0.7761154

00:35:57.610 --> 00:36:00.172 Someone painted a tunnel on a bridge

NOTE Confidence: 0.7761154

00:36:00.172 --> 00:36:02.817 like this and a car drove into it.

NOTE Confidence: 0.7761154

00:36:02.820 --> 00:36:04.550 Baby roll, roll over there,

NOTE Confidence: 0.7761154

00:36:04.550 --> 00:36:06.630 that's kind of ironic.

NOTE Confidence: 0.7761154

00:36:06.630 --> 00:36:07.670 Question everything,

NOTE Confidence: 0.7761154

00:36:07.670 --> 00:36:10.016 then someone else wrote down why?

NOTE Confidence: 0.8390196

00:36:12.780 --> 00:36:14.788 And then someone says to like a bird.

NOTE Confidence: 0.8390196

00:36:14.790 --> 00:36:16.798 My dad told me you're spying on us.

NOTE Confidence: 0.8390196

00:36:16.800 --> 00:36:19.710 He says he's not your dad.

NOTE Confidence: 0.8390196

00:36:19.710 --> 00:36:20.910 A little irony there.

NOTE Confidence: 0.8390196

00:36:20.910 --> 00:36:22.710 Here's a boat called No worries,

NOTE Confidence: 0.8390196

00:36:22.710 --> 00:36:23.910 which clearly they've got

NOTE Confidence: 0.8390196

00:36:23.910 --> 00:36:25.110 something to worry about.

NOTE Confidence: 0.8390196

00:36:25.110 --> 00:36:27.418 Their little irony there.

NOTE Confidence: 0.8390196

00:36:27.420 --> 00:36:28.456 And how about this?

NOTE Confidence: 0.8390196

00:36:28.456 --> 00:36:29.751 Use is watching but the

NOTE Confidence: 0.8390196

00:36:29.751 --> 00:36:30.840 police have the radar.

NOTE Confidence: 0.81730795

00:36:33.020 --> 00:36:35.260 At this was great, so 63 spelling quiz.

NOTE Confidence: 0.81730795

00:36:35.260 --> 00:36:36.724 The only thing this kid got

NOTE Confidence: 0.81730795

00:36:36.724 --> 00:36:38.340 right was the word illiterate,

NOTE Confidence: 0.81730795

00:36:38.340 --> 00:36:41.620 which means you will you figure it out.

NOTE Confidence: 0.81730795

00:36:41.620 --> 00:36:43.144 And then of course,

NOTE Confidence: 0.81730795

00:36:43.144 --> 00:36:44.287 parking space wheelchairs.

NOTE Confidence: 0.81730795

00:36:44.290 --> 00:36:46.858 Very clever there.

NOTE Confidence: 0.81730795

00:36:46.860 --> 00:36:48.978 And this is for Walmart and

NOTE Confidence: 0.81730795

00:36:48.978 --> 00:36:51.100 Blue Light special for Hanukkah.

NOTE Confidence: 0.81730795

00:36:51.100 --> 00:36:53.404 Obviously the joke is these people

NOTE Confidence: 0.81730795

00:36:53.404 --> 00:36:57.720 don't eat ham, so there's the irony.

NOTE Confidence: 0.81730795

00:36:57.720 --> 00:36:59.292 And simplify 1040 tax form.

NOTE Confidence: 0.81730795

00:36:59.292 --> 00:37:01.490 How much did you make last year?

NOTE Confidence: 0.81730795

00:37:01.490 --> 00:37:04.169 Send it in?

NOTE Confidence: 0.81730795

00:37:04.170 --> 00:37:05.770 Psychic Fair cancelled due

NOTE Confidence: 0.81730795

00:37:05.770 --> 00:37:06.970 to unforeseen circumstances.
NOTE Confidence: 0.82221407

00:37:09.680 --> 00:37:12.200 Store closing now hiring all I can say is
NOTE Confidence: 0.82221407

00:37:12.200 --> 00:37:14.980 you better hurry if you want to work there.
NOTE Confidence: 0.82221407

00:37:14.980 --> 00:37:17.390 Anhel has definitely frozen over
NOTE Confidence: 0.82221407

00:37:17.390 --> 00:37:20.220 little bit of irony there too.
NOTE Confidence: 0.82221407

00:37:20.220 --> 00:37:22.490 And this is for all the guys in the audience.
NOTE Confidence: 0.82221407

00:37:22.490 --> 00:37:23.590 Hopefully we have several,
NOTE Confidence: 0.82221407

00:37:23.590 --> 00:37:25.850 but this is the three stages of manhood.
NOTE Confidence: 0.82221407

00:37:25.850 --> 00:37:28.846 First stage number one second stage #2,
NOTE Confidence: 0.82221407

00:37:28.850 --> 00:37:30.542 and the Thursdays punchline.
NOTE Confidence: 0.82221407

00:37:30.542 --> 00:37:33.550 Here #3 we can't relate to that.
NOTE Confidence: 0.82221407

00:37:33.550 --> 00:37:34.600 But anyway,
NOTE Confidence: 0.82221407

00:37:34.600 --> 00:37:39.520 hope you got a good laugh out of that.
NOTE Confidence: 0.82221407

00:37:39.520 --> 00:37:41.596 And how about this for irony?
NOTE Confidence: 0.82221407

00:37:41.600 --> 00:37:43.676 Very creative, I might add too.
NOTE Confidence: 0.8424344

00:37:45.780 --> 00:37:46.820 And here's some irony.

NOTE Confidence: 0.8424344

00:37:46.820 --> 00:37:47.860 People want some fitness,

NOTE Confidence: 0.8424344

00:37:47.860 --> 00:37:49.640 taking the escalator up to

NOTE Confidence: 0.8424344

00:37:49.640 --> 00:37:51.950 the top of the stairs there.

NOTE Confidence: 0.8424344

00:37:51.950 --> 00:37:53.640 Genuine fake watch is actually.

NOTE Confidence: 0.8424344

00:37:53.640 --> 00:37:56.664 I took this picture when I was in Turkey.

NOTE Confidence: 0.8424344

00:37:56.670 --> 00:37:59.990 This actually near Ephesus.

NOTE Confidence: 0.8424344

00:37:59.990 --> 00:38:01.439 And here's a little video for you.

NOTE Confidence: 0.7076241

00:38:04.300 --> 00:38:05.730 WR107

NOTE Confidence: 0.8430262

00:38:40.750 --> 00:38:41.642 because you probably thought

NOTE Confidence: 0.8430262

00:38:41.642 --> 00:38:42.757 that was a little different

NOTE Confidence: 0.8430262

00:38:42.757 --> 00:38:43.870 than what you expected here,

NOTE Confidence: 0.8430262

00:38:43.870 --> 00:38:45.076 this is another one I thought

NOTE Confidence: 0.8430262

00:38:45.076 --> 00:38:46.432 was pretty good to hear about

NOTE Confidence: 0.8430262

00:38:46.432 --> 00:38:47.440 the best workout partner.

NOTE Confidence: 0.797140540000001

00:39:17.530 --> 00:39:19.600 OK, hope you got a good laugh out that

NOTE Confidence: 0.797140540000001

00:39:19.600 --> 00:39:21.874 one in the next type of humans called
NOTE Confidence: 0.797140540000001

00:39:21.874 --> 00:39:23.939 absurd or nonsense humor and we got 2
NOTE Confidence: 0.797140540000001

00:39:23.939 --> 00:39:25.846 Kings of comedy here we have Gary Larson,
NOTE Confidence: 0.797140540000001

00:39:25.846 --> 00:39:27.860 the far side or people who imitate him.
NOTE Confidence: 0.797140540000001

00:39:27.860 --> 00:39:29.804 And of course even write to and so
NOTE Confidence: 0.797140540000001

00:39:29.804 --> 00:39:31.637 Stephen writes a comedian Billy very dry.
NOTE Confidence: 0.797140540000001

00:39:31.640 --> 00:39:33.152 Very absurd. I'll give you one
NOTE Confidence: 0.797140540000001

00:39:33.152 --> 00:39:34.160 example of his humor.
NOTE Confidence: 0.797140540000001

00:39:34.160 --> 00:39:36.059 He says he went to go play poker at
NOTE Confidence: 0.797140540000001

00:39:36.059 --> 00:39:38.075 a friends house the other night and
NOTE Confidence: 0.797140540000001

00:39:38.075 --> 00:39:40.209 no one could find a deck of cards.
NOTE Confidence: 0.797140540000001

00:39:40.210 --> 00:39:42.982 So we played with a deck of tarot cards.
NOTE Confidence: 0.797140540000001

00:39:42.990 --> 00:39:44.910 He says I got a full house and
NOTE Confidence: 0.797140540000001

00:39:44.910 --> 00:39:45.740 four people died.
NOTE Confidence: 0.66163915

00:39:48.640 --> 00:39:49.300 Where's my humor?
NOTE Confidence: 0.80607414

00:39:51.920 --> 00:39:56.656 OK, how about this cartoon look stem cells?

NOTE Confidence: 0.80607414

00:39:56.660 --> 00:39:58.980 I think it's pretty clever.

NOTE Confidence: 0.80607414

00:39:58.980 --> 00:40:00.884 The next type of humor is called

NOTE Confidence: 0.80607414

00:40:00.884 --> 00:40:02.516 quick wit wisdom, and here's some

NOTE Confidence: 0.80607414

00:40:02.516 --> 00:40:03.876 examples of this annual Garrison.

NOTE Confidence: 0.80607414

00:40:03.880 --> 00:40:05.777 Keeler had this with Prairie Home companion.

NOTE Confidence: 0.80607414

00:40:05.780 --> 00:40:07.677 A lot of comedians will do this,

NOTE Confidence: 0.80607414

00:40:07.680 --> 00:40:09.312 but a lot of times it

NOTE Confidence: 0.80607414

00:40:09.312 --> 00:40:10.400 goes over people's heads.

NOTE Confidence: 0.80607414

00:40:10.400 --> 00:40:11.760 And so here's an example.

NOTE Confidence: 0.80607414

00:40:11.760 --> 00:40:13.120 Everyone has a photographic memory.

NOTE Confidence: 0.80607414

00:40:13.120 --> 00:40:16.046 Some people just don't have any film.

NOTE Confidence: 0.80607414

00:40:16.050 --> 00:40:17.500 Here's one more for you.

NOTE Confidence: 0.80607414

00:40:17.500 --> 00:40:19.240 If you're going to learn to

NOTE Confidence: 0.80607414

00:40:19.240 --> 00:40:20.400 go skiing cross country,

NOTE Confidence: 0.80607414

00:40:20.400 --> 00:40:21.560 pick a small country.

NOTE Confidence: 0.78048205

00:40:23.620 --> 00:40:25.084 And how about this?
NOTE Confidence: 0.78048205

00:40:25.084 --> 00:40:26.548 Waiting for good dough?
NOTE Confidence: 0.78048205

00:40:26.550 --> 00:40:29.580 That's pretty quick wit maybe.
NOTE Confidence: 0.78048205

00:40:29.580 --> 00:40:31.926 Next, one dry humor and puns. You know.
NOTE Confidence: 0.78048205

00:40:31.926 --> 00:40:34.082 I shudder to think about what you're
NOTE Confidence: 0.78048205

00:40:34.082 --> 00:40:36.593 going to see next because I swear to God
NOTE Confidence: 0.78048205

00:40:36.593 --> 00:40:38.536 every time I show these, nobody laughs.
NOTE Confidence: 0.78048205

00:40:38.536 --> 00:40:39.976 They just kind of grown.
NOTE Confidence: 0.78048205

00:40:39.980 --> 00:40:42.300 And you know that you are hearing puns.
NOTE Confidence: 0.78048205

00:40:42.300 --> 00:40:44.316 When you hear a lot of groans.
NOTE Confidence: 0.78048205

00:40:44.320 --> 00:40:46.048 So even though your myxer muted,
NOTE Confidence: 0.78048205

00:40:46.050 --> 00:40:48.282 I'm sure we're going to hear some groans
NOTE Confidence: 0.78048205

00:40:48.282 --> 00:40:50.390 across the miles, but here we go.
NOTE Confidence: 0.78048205

00:40:50.390 --> 00:40:52.122 Laugh anyway, we need more laughter.
NOTE Confidence: 0.78048205

00:40:52.122 --> 00:40:53.274 So Ponza furry slippers.
NOTE Confidence: 0.78048205

00:40:53.280 --> 00:40:55.872 When you say one thing but mean your mother.

NOTE Confidence: 0.8638825

00:40:58.190 --> 00:40:59.730 You can lock me up behind bars,

NOTE Confidence: 0.8638825

00:40:59.730 --> 00:41:00.830 but you can't keep my

NOTE Confidence: 0.8638825

00:41:00.830 --> 00:41:01.710 face from breaking out.

NOTE Confidence: 0.8638825

00:41:01.710 --> 00:41:05.077 That's a country song by the way.

NOTE Confidence: 0.8638825

00:41:05.080 --> 00:41:07.400 What do you mean I'm not a bear?

NOTE Confidence: 0.8638825

00:41:07.400 --> 00:41:09.740 I have all the qualifications.

NOTE Confidence: 0.8638825

00:41:09.740 --> 00:41:11.484 And here's my favorite

NOTE Confidence: 0.8638825

00:41:11.484 --> 00:41:14.100 one need narc on no guy.

NOTE Confidence: 0.8491386

00:41:17.210 --> 00:41:18.555 You can't plant any Flowers

NOTE Confidence: 0.8491386

00:41:18.555 --> 00:41:19.900 if you haven't bought any.

NOTE Confidence: 0.8491386

00:41:19.900 --> 00:41:22.230 That's pretty clever, isn't it?

NOTE Confidence: 0.8491386

00:41:22.230 --> 00:41:23.136 We should use a little sense

NOTE Confidence: 0.8491386

00:41:23.136 --> 00:41:24.079 of humor in that one here.

NOTE Confidence: 0.8104793

00:41:26.300 --> 00:41:29.502 OK. The next type is called bathroom

NOTE Confidence: 0.8104793

00:41:29.502 --> 00:41:31.506 humor and you may think this is the

NOTE Confidence: 0.8104793

00:41:31.506 --> 00:41:33.148 lowest form of humor, but it's not.
NOTE Confidence: 0.8104793

00:41:33.148 --> 00:41:35.313 We got one more lower than this and this
NOTE Confidence: 0.8104793

00:41:35.313 --> 00:41:37.409 also ties into Freud's idea of taboo humor,
NOTE Confidence: 0.8104793

00:41:37.410 --> 00:41:39.186 so you can see again the dots can
NOTE Confidence: 0.8104793

00:41:39.186 --> 00:41:41.108 begin to connect here, and so here
NOTE Confidence: 0.8104793

00:41:41.108 --> 00:41:42.584 are some examples of bathroom humor.
NOTE Confidence: 0.8104793

00:41:42.590 --> 00:41:44.813 And I gotta clean this up a little bit,
NOTE Confidence: 0.8104793

00:41:44.820 --> 00:41:47.960 but you get the idea.
NOTE Confidence: 0.8104793

00:41:47.960 --> 00:41:48.720 That more bathroom humor.
NOTE Confidence: 0.8104793

00:41:48.720 --> 00:41:50.240 I'm not sure it was going on there,
NOTE Confidence: 0.8104793

00:41:50.240 --> 00:41:51.570 but someone took a picture of it.
NOTE Confidence: 0.78382593

00:41:53.630 --> 00:41:55.226 Clever place for a door handle,
NOTE Confidence: 0.78382593

00:41:55.230 --> 00:41:56.025 don't you think?
NOTE Confidence: 0.78382593

00:41:56.025 --> 00:41:59.358 Maybe not so clever. I don't know.
NOTE Confidence: 0.78382593

00:41:59.360 --> 00:42:00.585 And this is where bacon
NOTE Confidence: 0.78382593

00:42:00.585 --> 00:42:01.565 cheeseburgers are come from.

NOTE Confidence: 0.78382593

00:42:01.570 --> 00:42:04.450 In case you're wondering.

NOTE Confidence: 0.78382593

00:42:04.450 --> 00:42:07.290 I'll never eat lunch in this town again.

NOTE Confidence: 0.78382593

00:42:07.290 --> 00:42:09.706 And all I can say is that tattoo

NOTE Confidence: 0.78382593

00:42:09.706 --> 00:42:11.648 better not be on my daughter.

NOTE Confidence: 0.78382593

00:42:11.650 --> 00:42:14.536 Just wondering what were they thinking?

NOTE Confidence: 0.78382593

00:42:14.540 --> 00:42:16.476 And this is a new type of humor.

NOTE Confidence: 0.78382593

00:42:16.480 --> 00:42:18.424 It I would call it Corona pandemic humor.

NOTE Confidence: 0.78382593

00:42:18.430 --> 00:42:19.640 I'm not sure about you,

NOTE Confidence: 0.78382593

00:42:19.640 --> 00:42:20.604 but I been watching.

NOTE Confidence: 0.78382593

00:42:20.604 --> 00:42:22.339 Kind of like how people have been

NOTE Confidence: 0.78382593

00:42:22.339 --> 00:42:23.755 adjusting to all this stuff going

NOTE Confidence: 0.78382593

00:42:23.755 --> 00:42:25.721 on and he was definitely one way to

NOTE Confidence: 0.78382593

00:42:25.721 --> 00:42:27.416 cope with the stress of the pandemic.

NOTE Confidence: 0.78382593

00:42:27.416 --> 00:42:28.388 Aside from everything else.

NOTE Confidence: 0.78382593

00:42:28.390 --> 00:42:29.782 So here's some things which you

NOTE Confidence: 0.78382593

00:42:29.782 --> 00:42:31.060 may have already seen before.
NOTE Confidence: 0.78382593

00:42:31.060 --> 00:42:32.635 'cause there are a lot of memes
NOTE Confidence: 0.78382593

00:42:32.635 --> 00:42:33.980 on Facebook and social media,
NOTE Confidence: 0.78382593

00:42:33.980 --> 00:42:35.674 but I thought they were pretty funny.
NOTE Confidence: 0.78382593

00:42:35.680 --> 00:42:38.608 Share again. So so here goes.
NOTE Confidence: 0.78382593

00:42:38.610 --> 00:42:39.510 Marty, whatever happens,
NOTE Confidence: 0.78382593

00:42:39.510 --> 00:42:41.010 don't ever go to 2020.
NOTE Confidence: 0.78382593

00:42:41.010 --> 00:42:42.810 This is from back the future.
NOTE Confidence: 0.8517944

00:42:45.820 --> 00:42:47.320 And there's another example
NOTE Confidence: 0.8517944

00:42:47.320 --> 00:42:48.445 of social distancing,
NOTE Confidence: 0.8517944

00:42:48.450 --> 00:42:51.310 although it's pretty clever.
NOTE Confidence: 0.8517944

00:42:51.310 --> 00:42:52.800 Come to the dark side.
NOTE Confidence: 0.8517944

00:42:52.800 --> 00:42:54.724 We have respirator masks
NOTE Confidence: 0.8517944

00:42:54.724 --> 00:42:57.129 that's for all the nurses.
NOTE Confidence: 0.8517944

00:42:57.130 --> 00:42:59.299 And it's a take off on a famous painting.
NOTE Confidence: 0.8517944

00:42:59.300 --> 00:43:00.196 There's toilet paper shortage

NOTE Confidence: 0.8517944

00:43:00.196 --> 00:43:01.950 because now we have a gas shortage,

NOTE Confidence: 0.8517944

00:43:01.950 --> 00:43:04.200 but you get the idea.

NOTE Confidence: 0.8517944

00:43:04.200 --> 00:43:06.420 And this is a guy who says Dad on phone.

NOTE Confidence: 0.8517944

00:43:06.420 --> 00:43:07.967 No barking must be a zoom call.

NOTE Confidence: 0.8161304

00:43:10.400 --> 00:43:12.360 And of course, the whole toilet paper

NOTE Confidence: 0.8161304

00:43:12.360 --> 00:43:13.898 shortage created a lot of humor.

NOTE Confidence: 0.8161304

00:43:13.900 --> 00:43:17.180 I'll let you insert your own laughter there.

NOTE Confidence: 0.8161304

00:43:17.180 --> 00:43:18.758 And of course, this was also

NOTE Confidence: 0.8161304

00:43:18.758 --> 00:43:20.204 Heidi about who's going to

NOTE Confidence: 0.8161304

00:43:20.204 --> 00:43:21.580 escape and Republicans species.

NOTE Confidence: 0.8161304

00:43:21.580 --> 00:43:23.624 The two oldest people on the planet,

NOTE Confidence: 0.8161304

00:43:23.630 --> 00:43:25.376 and I think so. But anyway,

NOTE Confidence: 0.8161304

00:43:25.380 --> 00:43:28.253 there was a funny meme there, so should this.

NOTE Confidence: 0.8161304

00:43:28.253 --> 00:43:30.108 Is he the Last Supper?

NOTE Confidence: 0.8161304

00:43:30.110 --> 00:43:32.540 Little bit more Catholic humor there,

NOTE Confidence: 0.8161304

00:43:32.540 --> 00:43:34.580 I suppose.
NOTE Confidence: 0.8161304

00:43:34.580 --> 00:43:36.085 I like this voice is this mask
NOTE Confidence: 0.8161304

00:43:36.085 --> 00:43:37.279 will protect you from covid,
NOTE Confidence: 0.8161304

00:43:37.280 --> 00:43:38.630 but it sure will keep you
NOTE Confidence: 0.8161304

00:43:38.630 --> 00:43:39.305 with social distancing.
NOTE Confidence: 0.80828816

00:43:42.050 --> 00:43:44.651 This says you're not going to wear a polka
NOTE Confidence: 0.80828816

00:43:44.651 --> 00:43:46.716 dotted face mask with a Plaid shirt.
NOTE Confidence: 0.80828816

00:43:46.720 --> 00:43:49.888 Little little. Comma control over
NOTE Confidence: 0.80828816

00:43:49.888 --> 00:43:52.030 forgotten is my hero here says it
NOTE Confidence: 0.80828816

00:43:52.096 --> 00:43:53.993 was only a matter of time before
NOTE Confidence: 0.80828816

00:43:53.993 --> 00:43:55.928 Karen met the man of her dreams.
NOTE Confidence: 0.80828816

00:43:55.930 --> 00:43:57.960 I can't believe people were out there.
NOTE Confidence: 0.80828816

00:43:57.960 --> 00:44:00.280 We're using this stuff for my face mask,
NOTE Confidence: 0.80828816

00:44:00.280 --> 00:44:01.575 but sure enough, unbelievable and
NOTE Confidence: 0.80828816

00:44:01.575 --> 00:44:03.222 then how to make repairs joins
NOTE Confidence: 0.80828816

00:44:03.222 --> 00:44:04.722 forces with Vatican to distribute

NOTE Confidence: 0.80828816

00:44:04.722 --> 00:44:06.370 communion wafers during the pandemic.

NOTE Confidence: 0.80828816

00:44:06.370 --> 00:44:08.522 I don't know why I have so many

NOTE Confidence: 0.80828816

00:44:08.522 --> 00:44:10.340 Catholic jokes here of this must

NOTE Confidence: 0.80828816

00:44:10.340 --> 00:44:12.164 feel being posted on social media,

NOTE Confidence: 0.80828816

00:44:12.170 --> 00:44:14.474 but I thought I'd share with you about

NOTE Confidence: 0.80828816

00:44:14.474 --> 00:44:17.097 irony and then this is corn teen day eight.

NOTE Confidence: 0.80828816

00:44:17.100 --> 00:44:19.899 Look at the kid up here with duct tape.

NOTE Confidence: 0.80828816

00:44:19.900 --> 00:44:21.442 In the four stages of quarantine

NOTE Confidence: 0.80828816

00:44:21.442 --> 00:44:22.213 with Mona Lisa.

NOTE Confidence: 0.8137427

00:44:24.320 --> 00:44:26.273 And then some people actually were very

NOTE Confidence: 0.8137427

00:44:26.273 --> 00:44:28.219 creative trying to recreate masterpieces.

NOTE Confidence: 0.8137427

00:44:28.220 --> 00:44:30.970 And so you see little girl off to the right

NOTE Confidence: 0.8137427

00:44:31.037 --> 00:44:33.683 side like the painting on the left and then

NOTE Confidence: 0.8137427

00:44:33.683 --> 00:44:36.350 we have this Norman Rockwell imitation,

NOTE Confidence: 0.8137427

00:44:36.350 --> 00:44:38.300 which I thought was pretty good.

NOTE Confidence: 0.8137427

00:44:38.300 --> 00:44:39.925 That's not my style of
NOTE Confidence: 0.8137427

00:44:39.925 --> 00:44:41.550 artwork right there and then.
NOTE Confidence: 0.8137427

00:44:41.550 --> 00:44:43.670 Here's one of famous Greek
NOTE Confidence: 0.8137427

00:44:43.670 --> 00:44:47.660 statues or Roman statues. And.
NOTE Confidence: 0.8137427

00:44:47.660 --> 00:44:49.011 Here's one you've had worked a long
NOTE Confidence: 0.8137427

00:44:49.011 --> 00:44:50.600 day at the Covid vaccination site.
NOTE Confidence: 0.8137427

00:44:50.600 --> 00:44:51.866 Take a look at where this
NOTE Confidence: 0.8137427

00:44:51.866 --> 00:44:53.080 nurse is putting the needle.
NOTE Confidence: 0.7607065

00:44:57.820 --> 00:44:59.458 Insert laugh now. This one I thought
NOTE Confidence: 0.7607065

00:44:59.458 --> 00:45:00.970 was great since I got vaccinated,
NOTE Confidence: 0.7607065

00:45:00.970 --> 00:45:02.914 but I still want some of you stay
NOTE Confidence: 0.7607065

00:45:02.914 --> 00:45:06.168 away from me. Insert laugh now.
NOTE Confidence: 0.7607065

00:45:06.170 --> 00:45:08.610 Well, this is the lowest form of humor.
NOTE Confidence: 0.7607065

00:45:08.610 --> 00:45:10.818 Sarcasm there was sarcasm means to
NOTE Confidence: 0.7607065

00:45:10.818 --> 00:45:13.429 tear flesh and it turns out that.
NOTE Confidence: 0.7607065

00:45:13.430 --> 00:45:15.649 This does not reduce stress and promote

NOTE Confidence: 0.7607065

00:45:15.649 --> 00:45:18.189 stress, so we don't advocate this at all.

NOTE Confidence: 0.7607065

00:45:18.190 --> 00:45:20.086 And for the Queen of sarcasm,

NOTE Confidence: 0.7607065

00:45:20.090 --> 00:45:21.675 Roseanne Barr turns out that

NOTE Confidence: 0.7607065

00:45:21.675 --> 00:45:23.260 she's not alone with this.

NOTE Confidence: 0.7607065

00:45:23.260 --> 00:45:25.788 We also have the comic strip of Dilbert,

NOTE Confidence: 0.7607065

00:45:25.790 --> 00:45:27.380 which is called biting humor,

NOTE Confidence: 0.7607065

00:45:27.380 --> 00:45:29.599 but we even have things like Maxine,

NOTE Confidence: 0.7607065

00:45:29.600 --> 00:45:32.507 so I would suggest that this is not the

NOTE Confidence: 0.7607065

00:45:32.507 --> 00:45:35.613 best way to go to get your sense of humor.

NOTE Confidence: 0.7607065

00:45:35.620 --> 00:45:37.839 I mean, you may find it funny,

NOTE Confidence: 0.7607065

00:45:37.840 --> 00:45:41.179 but we can do better than that.

NOTE Confidence: 0.7607065

00:45:41.180 --> 00:45:43.028 So what does the research say?

NOTE Confidence: 0.7607065

00:45:43.030 --> 00:45:44.878 The research says that the average

NOTE Confidence: 0.7607065

00:45:44.878 --> 00:45:46.110 person doesn't have enough.

NOTE Confidence: 0.7607065

00:45:46.110 --> 00:45:48.566 The average kid laughs 300 times a day,

NOTE Confidence: 0.7607065

00:45:48.570 --> 00:45:51.034 but the adults not so much an well.
NOTE Confidence: 0.7607065

00:45:51.040 --> 00:45:52.264 We're in the hospital,
NOTE Confidence: 0.7607065

00:45:52.264 --> 00:45:52.876 sick zero,
NOTE Confidence: 0.7607065

00:45:52.880 --> 00:45:55.616 and so the research says we gotta re
NOTE Confidence: 0.7607065

00:45:55.616 --> 00:45:58.280 examine this and try and get what now we
NOTE Confidence: 0.7607065

00:45:58.280 --> 00:46:01.195 now know is our quota of 15 laughs a day.
NOTE Confidence: 0.7607065

00:46:01.200 --> 00:46:03.896 The research shows that we need at least
NOTE Confidence: 0.7607065

00:46:03.896 --> 00:46:06.576 15 laps today and hopefully we're going
NOTE Confidence: 0.7607065

00:46:06.576 --> 00:46:09.709 to get that next couple minutes because.
NOTE Confidence: 0.7607065

00:46:09.710 --> 00:46:11.336 We had together quote it too,
NOTE Confidence: 0.7607065

00:46:11.340 --> 00:46:13.779 so hopefully we can see how this goes here.
NOTE Confidence: 0.7607065

00:46:13.780 --> 00:46:16.210 So humor is a great way to reduce stress.
NOTE Confidence: 0.7607065

00:46:16.210 --> 00:46:18.250 Again to connect some dots because we know
NOTE Confidence: 0.7607065

00:46:18.250 --> 00:46:20.278 that stress can suppress the immune system.
NOTE Confidence: 0.7607065

00:46:20.280 --> 00:46:22.719 We want to try and boost the immune system.
NOTE Confidence: 0.7607065

00:46:22.720 --> 00:46:24.617 So let's go with it with this.

NOTE Confidence: 0.7607065

00:46:24.620 --> 00:46:25.970 So time to lighten up.

NOTE Confidence: 0.7607065

00:46:25.970 --> 00:46:27.714 So I gotta tell you went to this

NOTE Confidence: 0.7607065

00:46:27.714 --> 00:46:29.488 class at the American University.

NOTE Confidence: 0.7607065

00:46:29.490 --> 00:46:32.090 I told my students.

NOTE Confidence: 0.7607065

00:46:32.090 --> 00:46:34.154 To try and improve our sense of humor

NOTE Confidence: 0.7607065

00:46:34.154 --> 00:46:36.250 in every book I read said you can't,

NOTE Confidence: 0.7607065

00:46:36.250 --> 00:46:37.810 you're stuck with what you got.

NOTE Confidence: 0.7607065

00:46:37.810 --> 00:46:40.078 I thought kind of if I tell that they're

NOTE Confidence: 0.7607065

00:46:40.078 --> 00:46:42.456 going to crucify me so I made it this

NOTE Confidence: 0.7607065

00:46:42.456 --> 00:46:44.060 fictitious list of ways to improve

NOTE Confidence: 0.7607065

00:46:44.060 --> 00:46:45.870 your sense of humor and they bought

NOTE Confidence: 0.7607065

00:46:45.870 --> 00:46:47.950 it and I thought they can buy it.

NOTE Confidence: 0.7607065

00:46:47.950 --> 00:46:50.272 Maybe I can fool you too, so here goes.

NOTE Confidence: 0.7607065

00:46:50.272 --> 00:46:51.542 Ways to improve your sense

NOTE Confidence: 0.7607065

00:46:51.542 --> 00:46:52.890 of humor can number one.

NOTE Confidence: 0.7607065

00:46:52.890 --> 00:46:54.190 Don't take yourself too seriously.
NOTE Confidence: 0.7607065

00:46:54.190 --> 00:46:55.490 Take yourself lightly and so.
NOTE Confidence: 0.7607065

00:46:55.490 --> 00:46:58.646 Here are some examples of that.
NOTE Confidence: 0.7607065

00:46:58.650 --> 00:47:01.058 If I saw SkyDrive knows the highway and
NOTE Confidence: 0.7607065

00:47:01.058 --> 00:47:03.888 you know 8486 or so 91, I'd be laughing.
NOTE Confidence: 0.7607065

00:47:03.888 --> 00:47:06.018 I think it's pretty funny.
NOTE Confidence: 0.7607065

00:47:06.020 --> 00:47:09.400 Daily portrait, pretty clever there.
NOTE Confidence: 0.7607065

00:47:09.400 --> 00:47:11.180 Don't take yourself too seriously.
NOTE Confidence: 0.7607065

00:47:11.180 --> 00:47:12.950 This says you've got gallstones,
NOTE Confidence: 0.7607065

00:47:12.950 --> 00:47:13.660 kidney stones.
NOTE Confidence: 0.7607065

00:47:13.660 --> 00:47:14.370 Bladder stones.
NOTE Confidence: 0.7607065

00:47:14.370 --> 00:47:16.145 Welcome to the Stone Age.
NOTE Confidence: 0.8147131

00:47:18.460 --> 00:47:19.348 Here's one for
NOTE Confidence: 0.8147131

00:47:19.350 --> 00:47:20.815 you. Other dangerous Game Kids
NOTE Confidence: 0.8147131

00:47:20.815 --> 00:47:22.920 play is to tunnel in snow banks
NOTE Confidence: 0.8147131

00:47:22.920 --> 00:47:25.290 near the road. Few years ago. One boy.

NOTE Confidence: 0.82261443

00:47:30.270 --> 00:47:32.472 That's pretty good. How about this 911?

NOTE Confidence: 0.82261443

00:47:32.472 --> 00:47:34.348 What's your emergency? Yeah, my wife

NOTE Confidence: 0.82261443

00:47:34.350 --> 00:47:36.548 got attacked by a warthog real bad

NOTE Confidence: 0.82261443

00:47:36.548 --> 00:47:39.058 and I need someone to come up with

NOTE Confidence: 0.82261443

00:47:39.058 --> 00:47:41.256 a handle and some pick her up.

NOTE Confidence: 0.82261443

00:47:41.256 --> 00:47:43.770 OK Sir, can you give me your address?

NOTE Confidence: 0.82261443

00:47:43.770 --> 00:47:45.656 Yeah, we're at 1825 eucalyptus drive.

NOTE Confidence: 0.82261443

00:47:45.656 --> 00:47:49.820 OK, could you spell that for me, Sir?

NOTE Confidence: 0.82261443

00:47:49.820 --> 00:47:52.079 Oh I I'm gonna drag around over to Oak

NOTE Confidence: 0.82261443

00:47:52.079 --> 00:47:55.490 Street and you can pick her up there. OK,

NOTE Confidence: 0.69249624

00:47:55.490 --> 00:47:56.519 insert laugh now.

NOTE Confidence: 0.77038765

00:48:01.960 --> 00:48:03.856 Well again making fun of yourself.

NOTE Confidence: 0.77038765

00:48:03.860 --> 00:48:05.995 This is actually a new tattoo that

NOTE Confidence: 0.77038765

00:48:05.995 --> 00:48:07.838 the people getting who don't have

NOTE Confidence: 0.77038765

00:48:07.838 --> 00:48:09.854 any hair that was pretty clever and

NOTE Confidence: 0.77038765

00:48:09.915 --> 00:48:11.760 of course take yourself lightly.
NOTE Confidence: 0.77038765

00:48:11.760 --> 00:48:13.020 Here's one more video.
NOTE Confidence: 0.7807142

00:48:31.620 --> 00:48:32.620 Alright, there we go.
NOTE Confidence: 0.7807142

00:48:32.620 --> 00:48:33.620 This is Patch Adams.
NOTE Confidence: 0.7807142

00:48:33.620 --> 00:48:34.672 He's very famous doctor.
NOTE Confidence: 0.7807142

00:48:34.672 --> 00:48:35.987 You probably saw Robin Williams
NOTE Confidence: 0.7807142

00:48:35.987 --> 00:48:37.369 portray him the movie Patch Adams.
NOTE Confidence: 0.7807142

00:48:37.370 --> 00:48:38.858 Anyway, he never wants his photograph
NOTE Confidence: 0.7807142

00:48:38.858 --> 00:48:40.120 take without doing something funny,
NOTE Confidence: 0.7807142

00:48:40.120 --> 00:48:42.120 so I had to join in with him.
NOTE Confidence: 0.7807142

00:48:42.120 --> 00:48:44.568 But there's me with Patch Adams.
NOTE Confidence: 0.7807142

00:48:44.570 --> 00:48:47.450 When all else fails to see the big picture,
NOTE Confidence: 0.7807142

00:48:47.450 --> 00:48:50.010 we are not the center of the universe.
NOTE Confidence: 0.7807142

00:48:50.010 --> 00:48:52.614 He #2 find one humorous thing today
NOTE Confidence: 0.7807142

00:48:52.614 --> 00:48:55.486 and you don't have to look too hard.
NOTE Confidence: 0.7807142

00:48:55.490 --> 00:48:59.540 Keep looking. Keep looking it says alright.

NOTE Confidence: 0.7807142

00:48:59.540 --> 00:49:01.738 And then I said was G. Honey,

NOTE Confidence: 0.7807142

00:49:01.738 --> 00:49:05.590 Jlo is your age ends up in the hospital.

NOTE Confidence: 0.7807142

00:49:05.590 --> 00:49:06.418 Sorry, we're closed.

NOTE Confidence: 0.7807142

00:49:06.418 --> 00:49:08.074 We out of meat get worse.

NOTE Confidence: 0.7807142

00:49:08.080 --> 00:49:10.906 Spell check when you need it.

NOTE Confidence: 0.7807142

00:49:10.910 --> 00:49:14.816 This would dad get bored babysitting.

NOTE Confidence: 0.7807142

00:49:14.820 --> 00:49:15.369 I don't know,

NOTE Confidence: 0.7807142

00:49:15.369 --> 00:49:16.284 I hope this never happened,

NOTE Confidence: 0.7807142

00:49:16.290 --> 00:49:18.200 but I think it did.

NOTE Confidence: 0.7807142

00:49:18.200 --> 00:49:19.580 And how can you love Jesus?

NOTE Confidence: 0.7807142

00:49:19.580 --> 00:49:21.420 Keep texting if you want to meet him.

NOTE Confidence: 0.42182967

00:49:37.430 --> 00:49:39.440 Hey camera mom.

NOTE Confidence: 0.8596252

00:50:01.100 --> 00:50:03.256 I can't believe you're still filming anyway.

NOTE Confidence: 0.8596252

00:50:03.260 --> 00:50:06.360 Don't take yourself too seriously.

NOTE Confidence: 0.8596252

00:50:06.360 --> 00:50:08.425 If I'm with friends say

NOTE Confidence: 0.8596252

00:50:08.425 --> 00:50:10.490 funny bigode there we go?
NOTE Confidence: 0.8596252

00:50:10.490 --> 00:50:13.130 That was pretty clever, huh?
NOTE Confidence: 0.8596252

00:50:13.130 --> 00:50:16.357 Silence is Golden, duck tape is silver.
NOTE Confidence: 0.8596252

00:50:16.360 --> 00:50:17.440 And when I saw this,
NOTE Confidence: 0.8596252

00:50:17.440 --> 00:50:18.736 I thought was the funniest thing.
NOTE Confidence: 0.8596252

00:50:18.740 --> 00:50:21.908 Hopefully you got some humor out of that too.
NOTE Confidence: 0.8596252

00:50:21.910 --> 00:50:24.475 Now you know, bad habits are hard to break,
NOTE Confidence: 0.8596252

00:50:24.480 --> 00:50:25.910 but they're even harder when
NOTE Confidence: 0.8596252

00:50:25.910 --> 00:50:28.198 you get to be old. Oh my God,
NOTE Confidence: 0.8596252

00:50:28.198 --> 00:50:30.200 is this stuff keeps on going there.
NOTE Confidence: 0.8596252

00:50:30.200 --> 00:50:31.344 And how about this?
NOTE Confidence: 0.8596252

00:50:31.344 --> 00:50:33.060 Bobby has three six candy bars.
NOTE Confidence: 0.8596252

00:50:33.060 --> 00:50:34.004 He's 29.
NOTE Confidence: 0.8596252

00:50:34.004 --> 00:50:36.364 What does he have now?
NOTE Confidence: 0.8596252

00:50:36.370 --> 00:50:40.530 Diabetes Bob has diabetes.
NOTE Confidence: 0.8596252

00:50:40.530 --> 00:50:42.509 Don't drink and drive like how they spell,

NOTE Confidence: 0.8596252
00:50:42.510 --> 00:50:44.100 don't.
NOTE Confidence: 0.8596252
00:50:44.100 --> 00:50:45.600 And my boss told me that
NOTE Confidence: 0.8596252
00:50:45.600 --> 00:50:46.600 change is super sign,
NOTE Confidence: 0.8596252
00:50:46.600 --> 00:50:47.350 so I did.
NOTE Confidence: 0.75015354
00:50:49.500 --> 00:50:51.364 Redneck horseshoes keep looking
NOTE Confidence: 0.75015354
00:50:51.364 --> 00:50:53.694 for something funny every day.
NOTE Confidence: 0.75015354
00:50:53.700 --> 00:50:55.404 Employee of the month.
NOTE Confidence: 0.75015354
00:50:55.404 --> 00:50:58.300 Boy, that's not a good sign, is it?
NOTE Confidence: 0.75015354
00:50:58.300 --> 00:51:00.040 Caution this sign has sharp edges.
NOTE Confidence: 0.75015354
00:51:00.040 --> 00:51:02.070 Don't touch the edges of the sign.
NOTE Confidence: 0.75015354
00:51:02.070 --> 00:51:04.138 Also, the bridge is out ahead, yeah?
NOTE Confidence: 0.75015354
00:51:04.138 --> 00:51:04.794 And again,
NOTE Confidence: 0.75015354
00:51:04.794 --> 00:51:07.090 we're spell check when you need it.
NOTE Confidence: 0.75015354
00:51:07.090 --> 00:51:08.390 So many examples of this.
NOTE Confidence: 0.75015354
00:51:08.390 --> 00:51:09.938 I know I like it fine.
NOTE Confidence: 0.75015354

00:51:09.940 --> 00:51:11.692 Lots of am so this next one is
NOTE Confidence: 0.75015354

00:51:11.692 --> 00:51:13.463 to show you one of my friends
NOTE Confidence: 0.75015354

00:51:13.463 --> 00:51:15.098 is a paraplegic and he uses
NOTE Confidence: 0.75015354

00:51:15.098 --> 00:51:16.928 humor to help raise his spirits.
NOTE Confidence: 0.75015354

00:51:16.930 --> 00:51:18.424 And he said you can add
NOTE Confidence: 0.75015354

00:51:18.424 --> 00:51:19.780 this to your slide show.
NOTE Confidence: 0.75015354

00:51:19.780 --> 00:51:22.312 Here's how you can tell if
NOTE Confidence: 0.75015354

00:51:22.312 --> 00:51:24.490 Catholics are driving too fast.
NOTE Confidence: 0.75015354

00:51:24.490 --> 00:51:26.044 And here's how you can tell if
NOTE Confidence: 0.75015354

00:51:26.044 --> 00:51:27.169 Doggos are driving too fast.
NOTE Confidence: 0.86566156

00:51:29.990 --> 00:51:31.950 And here's one more video for you.
NOTE Confidence: 0.7722944

00:52:12.430 --> 00:52:13.930 They keep looking OK. We got.
NOTE Confidence: 0.7722944

00:52:13.930 --> 00:52:15.930 We're kind of running out of time here,
NOTE Confidence: 0.7722944

00:52:15.930 --> 00:52:17.430 but once it's time for questions,
NOTE Confidence: 0.7722944

00:52:17.430 --> 00:52:19.166 but I come out more here things
NOTE Confidence: 0.7722944

00:52:19.166 --> 00:52:21.180 to see if we can help you out.

NOTE Confidence: 0.7722944

00:52:21.180 --> 00:52:22.430 This is work to improve

NOTE Confidence: 0.7722944

00:52:22.430 --> 00:52:23.430 your sense of imagination.

NOTE Confidence: 0.7722944

00:52:23.430 --> 00:52:24.270 Creativity, dear Sir.

NOTE Confidence: 0.7722944

00:52:24.270 --> 00:52:26.538 We will be delighted to have you work

NOTE Confidence: 0.7722944

00:52:26.538 --> 00:52:28.570 for a company, but not in this life,

NOTE Confidence: 0.7722944

00:52:28.570 --> 00:52:30.626 so we don't all have to be Disney.

NOTE Confidence: 0.7722944

00:52:30.630 --> 00:52:31.890 And Disney was actually very

NOTE Confidence: 0.7722944

00:52:31.890 --> 00:52:33.726 creative and a lot of the things

NOTE Confidence: 0.7722944

00:52:33.726 --> 00:52:35.280 like if you ever see Fantasia,

NOTE Confidence: 0.7722944

00:52:35.280 --> 00:52:37.272 it wasn't a comedy, but there's a lot

NOTE Confidence: 0.7722944

00:52:37.272 --> 00:52:39.400 of funny moments there and we see him.

NOTE Confidence: 0.7722944

00:52:39.400 --> 00:52:40.690 Potamos is dressing up and

NOTE Confidence: 0.7722944

00:52:40.690 --> 00:52:41.980 tutus and dancing and such,

NOTE Confidence: 0.7722944

00:52:41.980 --> 00:52:43.012 but here's some things.

NOTE Confidence: 0.7722944

00:52:43.012 --> 00:52:44.307 When you see creativity, humor,

NOTE Confidence: 0.7722944

00:52:44.307 --> 00:52:46.106 they kind of go hand in hand.
NOTE Confidence: 0.7722944

00:52:46.110 --> 00:52:48.357 So here's where you don't have enough
NOTE Confidence: 0.7722944

00:52:48.357 --> 00:52:50.810 money for a car repair this this
NOTE Confidence: 0.7722944

00:52:50.810 --> 00:52:52.934 I thought was pretty clever baby.
NOTE Confidence: 0.7722944

00:52:52.940 --> 00:52:56.126 And here's the Vatican elevator door.
NOTE Confidence: 0.7722944

00:52:56.130 --> 00:52:57.214 Which is pretty clever.
NOTE Confidence: 0.7722944

00:52:57.214 --> 00:52:58.801 Pretty pretty creative, don't you think?
NOTE Confidence: 0.7722944

00:52:58.801 --> 00:53:01.008 And this is how to keep all the
NOTE Confidence: 0.7722944

00:53:01.008 --> 00:53:02.712 cookies to yourself. You know,
NOTE Confidence: 0.7722944

00:53:02.712 --> 00:53:05.320 so you can pinch your own cookies there.
NOTE Confidence: 0.7722944

00:53:05.320 --> 00:53:06.870 And that was pretty clever.
NOTE Confidence: 0.7722944

00:53:06.870 --> 00:53:08.919 Some rock art.
NOTE Confidence: 0.7722944

00:53:08.920 --> 00:53:11.620 How about this invisible tape?
NOTE Confidence: 0.7722944

00:53:11.620 --> 00:53:14.550 I think you wanna buy last night if you can.
NOTE Confidence: 0.7722944

00:53:14.550 --> 00:53:16.935 And this is like a clever way to say
NOTE Confidence: 0.7722944

00:53:16.935 --> 00:53:19.016 that you're gonna expect a baby.

NOTE Confidence: 0.7722944

00:53:19.020 --> 00:53:20.777 And that's actually a very clever way.

NOTE Confidence: 0.7722944

00:53:20.780 --> 00:53:22.530 I don't know how this guy's breathing,

NOTE Confidence: 0.7722944

00:53:22.530 --> 00:53:25.130 but yeah, definitely very clever.

NOTE Confidence: 0.7722944

00:53:25.130 --> 00:53:26.621 And look at this kids in the

NOTE Confidence: 0.7722944

00:53:26.621 --> 00:53:27.570 hospital looking for pizza.

NOTE Confidence: 0.7722944

00:53:27.570 --> 00:53:28.896 I think it's a great idea.

NOTE Confidence: 0.7722944

00:53:28.900 --> 00:53:31.828 Very clever. And clever coffee beans.

NOTE Confidence: 0.7722944

00:53:31.830 --> 00:53:33.900 Imagine that.

NOTE Confidence: 0.7722944

00:53:33.900 --> 00:53:36.357 And this is a good idea for a perhaps

NOTE Confidence: 0.7722944

00:53:36.357 --> 00:53:38.740 a good idea for a shopping bag.

NOTE Confidence: 0.7722944

00:53:38.740 --> 00:53:41.134 It is a clever idea for a coffee Cup.

NOTE Confidence: 0.7722944

00:53:41.140 --> 00:53:43.580 All different kinds of noses.

NOTE Confidence: 0.7722944

00:53:43.580 --> 00:53:46.808 Here's the will close.

NOTE Confidence: 0.7722944

00:53:46.810 --> 00:53:48.720 Great creative way for marketing.

NOTE Confidence: 0.7722944

00:53:48.720 --> 00:53:51.660 So she is music.

NOTE Confidence: 0.7722944

00:53:51.660 --> 00:53:54.257 Get this Christmas to you by leaving.

NOTE Confidence: 0.787979

00:54:03.460 --> 00:54:05.710 Hello can you hear us?

NOTE Confidence: 0.5104635

00:54:09.050 --> 00:54:13.050 We are sick hello?

NOTE Confidence: 0.702258

00:54:13.050 --> 00:54:15.558 This is the German Coast Guard.

NOTE Confidence: 0.85147893

00:54:19.520 --> 00:54:22.600 What are you thinking about?

NOTE Confidence: 0.76772773

00:54:28.230 --> 00:54:30.758 OK, let me see can go quickly here

NOTE Confidence: 0.76772773

00:54:30.758 --> 00:54:33.188 and get a few more in his second

NOTE Confidence: 0.76772773

00:54:33.188 --> 00:54:35.769 one to get to 1 more thing here.

NOTE Confidence: 0.76772773

00:54:35.770 --> 00:54:37.350 Well, it's creative hairdos.

NOTE Confidence: 0.76772773

00:54:37.350 --> 00:54:39.325 Very creative hairdos and cakes

NOTE Confidence: 0.76772773

00:54:39.325 --> 00:54:41.411 and I think what will do is

NOTE Confidence: 0.76772773

00:54:41.411 --> 00:54:43.217 will close out there and save

NOTE Confidence: 0.76772773

00:54:43.217 --> 00:54:44.847 some times for questions so.

NOTE Confidence: 0.76772773

00:54:44.850 --> 00:54:47.058 There we go.

NOTE Confidence: 0.76772773

00:54:47.060 --> 00:54:49.348 And if there are questions that go back,

NOTE Confidence: 0.76772773

00:54:49.350 --> 00:54:51.345 I got more slices here with you,

NOTE Confidence: 0.76772773

00:54:51.350 --> 00:54:53.510 but the idea is to see if we can

NOTE Confidence: 0.76772773

00:54:53.510 --> 00:54:55.065 entertain some questions now about

NOTE Confidence: 0.76772773

00:54:55.065 --> 00:54:57.305 humor and and laughter and how it

NOTE Confidence: 0.76772773

00:54:57.305 --> 00:54:59.069 can bring balance into our lives.

NOTE Confidence: 0.76772773

00:54:59.070 --> 00:54:59.928 So with that,

NOTE Confidence: 0.76772773

00:54:59.928 --> 00:55:01.644 we'll open things up for questions.

NOTE Confidence: 0.8053508

00:55:02.980 --> 00:55:05.430 Thank you, thank you for playing that.

NOTE Confidence: 0.8053508

00:55:05.430 --> 00:55:08.230 Look at this one of my favorite one

NOTE Confidence: 0.8053508

00:55:08.230 --> 00:55:12.300 just for you. Denise, thank you.

NOTE Confidence: 0.8053508

00:55:12.300 --> 00:55:15.000 See, it still makes me giggle, and it's

NOTE Confidence: 0.8053508

00:55:15.000 --> 00:55:18.080 like 10 times I probably seen in for this.

NOTE Confidence: 0.8053508

00:55:18.080 --> 00:55:19.780 Alright, I don't think there

NOTE Confidence: 0.8053508

00:55:19.780 --> 00:55:21.480 are any questions per say.

NOTE Confidence: 0.8053508

00:55:21.480 --> 00:55:24.216 There were some people that were

NOTE Confidence: 0.8053508

00:55:24.216 --> 00:55:27.189 asking for the link for the the.

NOTE Confidence: 0.8053508

00:55:27.190 --> 00:55:31.996 Yeah, the Integrative Cancer Center site.

NOTE Confidence: 0.8053508

00:55:32.000 --> 00:55:35.420 But giesel it put it in the chat box.

NOTE Confidence: 0.8053508

00:55:35.420 --> 00:55:38.892 So if you would like to access

NOTE Confidence: 0.8053508

00:55:38.892 --> 00:55:41.650 the links to the other.

NOTE Confidence: 0.8053508

00:55:41.650 --> 00:55:43.240 Yeah to the other presentations.

NOTE Confidence: 0.8053508

00:55:43.240 --> 00:55:45.788 There they are all there and this

NOTE Confidence: 0.8053508

00:55:45.788 --> 00:55:48.519 will be there within by next week.

NOTE Confidence: 0.8053508

00:55:48.520 --> 00:55:51.183 So. That's I I.

NOTE Confidence: 0.8053508

00:55:51.183 --> 00:55:52.929 If you have more and you

NOTE Confidence: 0.8053508

00:55:52.929 --> 00:55:54.639 want to throw some more,

NOTE Confidence: 0.8053508

00:55:54.640 --> 00:55:56.488 we have a couple of minutes.

NOTE Confidence: 0.8053508

00:55:56.490 --> 00:55:59.580 We usually can go to a little bit after five.

NOTE Confidence: 0.8053508

00:55:59.580 --> 00:56:00.200 Yeah, OK,

NOTE Confidence: 0.85032725

00:56:00.200 --> 00:56:03.098 great. Let's see if I got easier.

NOTE Confidence: 0.85032725

00:56:03.100 --> 00:56:04.924 I guess it was more videos

NOTE Confidence: 0.85032725

00:56:04.924 --> 00:56:06.140 to hang outside here.

NOTE Confidence: 0.85032725

00:56:06.140 --> 00:56:09.290 Was this more creativity here?

NOTE Confidence: 0.85032725

00:56:09.290 --> 00:56:10.654 Is all hand painting,

NOTE Confidence: 0.85032725

00:56:10.654 --> 00:56:12.018 but isn't this clever?

NOTE Confidence: 0.85032725

00:56:12.020 --> 00:56:13.616 And these are some body paintings

NOTE Confidence: 0.85032725

00:56:13.616 --> 00:56:15.079 that looks like it's a frog.

NOTE Confidence: 0.85032725

00:56:15.080 --> 00:56:17.310 It's actually three people there.

NOTE Confidence: 0.85032725

00:56:17.310 --> 00:56:19.803 This is an ad I saw on the truck.

NOTE Confidence: 0.85032725

00:56:19.810 --> 00:56:22.034 It says Royal Rooter were a Royal flush,

NOTE Confidence: 0.85032725

00:56:22.040 --> 00:56:24.848 beats a full house every time.

NOTE Confidence: 0.85032725

00:56:24.850 --> 00:56:25.738 And what about this?

NOTE Confidence: 0.85032725

00:56:25.738 --> 00:56:26.404 Put this kid?

NOTE Confidence: 0.85032725

00:56:26.410 --> 00:56:27.718 This outfit on your kid and

NOTE Confidence: 0.85032725

00:56:27.718 --> 00:56:29.089 then having goal walk the floors

NOTE Confidence: 0.85032725

00:56:29.089 --> 00:56:30.427 and clean with the same time?

NOTE Confidence: 0.85032725

00:56:30.430 --> 00:56:31.318 How's that pretty clever?

NOTE Confidence: 0.6643441

00:56:33.390 --> 00:56:36.294 At the River mouth the best catch coming.
NOTE Confidence: 0.6643441

00:56:36.294 --> 00:56:38.110 The tastiest most tender salmon.
NOTE Confidence: 0.6308462

00:56:39.680 --> 00:56:42.650 Which is a drinking journalist want.
NOTE Confidence: 0.8475369

00:56:59.590 --> 00:57:01.648 The worst to bring you the best.
NOTE Confidence: 0.75119597

00:57:03.790 --> 00:57:05.165 Connections has learned to hyper
NOTE Confidence: 0.75119597

00:57:05.165 --> 00:57:05.990 exaggerated describer story.
NOTE Confidence: 0.75119597

00:57:05.990 --> 00:57:07.370 All the comedians do this.
NOTE Confidence: 0.75119597

00:57:07.370 --> 00:57:09.570 You know my twin brother is so ugly.
NOTE Confidence: 0.75119597

00:57:09.570 --> 00:57:11.194 How ugly was he? And so here's
NOTE Confidence: 0.75119597

00:57:11.194 --> 00:57:12.590 some examples of exaggeration.
NOTE Confidence: 0.73354834

00:57:14.970 --> 00:57:17.310 You're covered with the
NOTE Confidence: 0.73354834

00:57:17.310 --> 00:57:19.065 Queens soldiers there.
NOTE Confidence: 0.73354834

00:57:19.070 --> 00:57:20.816 I got a spider I guess,
NOTE Confidence: 0.73354834

00:57:20.820 --> 00:57:23.850 so they got more than that.
NOTE Confidence: 0.73354834

00:57:23.850 --> 00:57:26.866 This is big Betty Davis and Joan Crawford.
NOTE Confidence: 0.73354834

00:57:26.870 --> 00:57:28.750 Because I didn't celebrate Christmas.

NOTE Confidence: 0.73354834

00:57:28.750 --> 00:57:32.270 A child in Joe Carpet says that's because

NOTE Confidence: 0.73354834

00:57:32.270 --> 00:57:35.618 you just wasn't born yet exaggerate.

NOTE Confidence: 0.73354834

00:57:35.620 --> 00:57:37.876 It's so cold in Washington I

NOTE Confidence: 0.73354834

00:57:37.876 --> 00:57:39.785 saw a politician yesterday with

NOTE Confidence: 0.73354834

00:57:39.785 --> 00:57:41.777 his hands in his own pockets.

NOTE Confidence: 0.73354834

00:57:41.780 --> 00:57:43.310 Another saw this on Pinterest,

NOTE Confidence: 0.73354834

00:57:43.310 --> 00:57:45.818 maybe see these two.

NOTE Confidence: 0.73354834

00:57:45.820 --> 00:57:47.556 Think about quite the same way that helped.

NOTE Confidence: 0.8618036

00:57:49.810 --> 00:57:51.058 And I just brush my dog,

NOTE Confidence: 0.8618036

00:57:51.060 --> 00:57:51.888 made a new one.

NOTE Confidence: 0.8618036

00:57:51.888 --> 00:57:52.923 If you have a Husky,

NOTE Confidence: 0.8618036

00:57:52.930 --> 00:57:55.040 you know what that's like.

NOTE Confidence: 0.8618036

00:57:55.040 --> 00:57:56.440 The last car that part

NOTE Confidence: 0.8618036

00:57:56.440 --> 00:57:57.560 here is still missing.

NOTE Confidence: 0.748490822

00:57:59.720 --> 00:58:02.120 And dating exaggeration here.

NOTE Confidence: 0.748490822

00:58:02.120 --> 00:58:05.720 We're not dating little joke there.

NOTE Confidence: 0.748490822

00:58:05.720 --> 00:58:08.036 I don't always listen to Metallica,

NOTE Confidence: 0.748490822

00:58:08.040 --> 00:58:09.980 but when I do so,

NOTE Confidence: 0.748490822

00:58:09.980 --> 00:58:12.296 do my neighbors have a real,

NOTE Confidence: 0.748490822

00:58:12.300 --> 00:58:13.848 loud, extreme fire hazard?

NOTE Confidence: 0.748490822

00:58:13.848 --> 00:58:16.170 Don't even fart in the forest.

NOTE Confidence: 0.748490822

00:58:16.170 --> 00:58:17.790 Exaggerate.

NOTE Confidence: 0.748490822

00:58:17.790 --> 00:58:19.278 And this is the state bird,

NOTE Confidence: 0.748490822

00:58:19.280 --> 00:58:20.268 I think in Minnesota.

NOTE Confidence: 0.77164555

00:58:22.550 --> 00:58:24.510 Look how the Walkman was back in 1990.

NOTE Confidence: 0.77164555

00:58:24.510 --> 00:58:29.420 Now look at it. Your headphones.

NOTE Confidence: 0.77164555

00:58:29.420 --> 00:58:32.354 And of course, will Comic Relief

NOTE Confidence: 0.77164555

00:58:32.354 --> 00:58:35.489 there about things in the kitchen.

NOTE Confidence: 0.77164555

00:58:35.490 --> 00:58:37.610 Michelangelo statue went on tour

NOTE Confidence: 0.77164555

00:58:37.610 --> 00:58:39.730 by the generosity of McDonald's,

NOTE Confidence: 0.77164555

00:58:39.730 --> 00:58:42.698 they got back. Didn't look too good.

NOTE Confidence: 0.76274973

00:58:45.010 --> 00:58:46.490 And this is actually on

NOTE Confidence: 0.76274973

00:58:46.490 --> 00:58:47.670 some Rd in Connecticut.

NOTE Confidence: 0.76274973

00:58:47.670 --> 00:58:51.350 You never get to work on time, huh?

NOTE Confidence: 0.76274973

00:58:51.350 --> 00:58:52.360 And then how about this?

NOTE Confidence: 0.76274973

00:58:52.360 --> 00:58:54.656 Try blame out one of the dog.

NOTE Confidence: 0.76274973

00:58:54.660 --> 00:58:57.088 Get the dogs face.

NOTE Confidence: 0.76274973

00:58:57.090 --> 00:58:57.826 And if we rule,

NOTE Confidence: 0.76274973

00:58:57.826 --> 00:58:59.560 the world would be a much better place,

NOTE Confidence: 0.76274973

00:58:59.560 --> 00:59:00.380 but there will certainly

NOTE Confidence: 0.76274973

00:59:00.380 --> 00:59:00.995 be more bathrooms,

NOTE Confidence: 0.76274973

00:59:01.000 --> 00:59:01.618 that's for sure.

NOTE Confidence: 0.84850305

00:59:03.670 --> 00:59:06.025 And of course, the price of gas is going up.

NOTE Confidence: 0.84850305

00:59:06.030 --> 00:59:07.210 It's going up again too.

NOTE Confidence: 0.84850305

00:59:07.210 --> 00:59:08.626 So these are pretty current here,

NOTE Confidence: 0.84850305

00:59:08.630 --> 00:59:10.040 like the one to the right.

NOTE Confidence: 0.84850305

00:59:10.040 --> 00:59:11.087 It's like honey.
NOTE Confidence: 0.84850305

00:59:11.087 --> 00:59:14.440 Would you go out and get some gas please?
NOTE Confidence: 0.84850305

00:59:14.440 --> 00:59:17.670 Exaggerate, so this is exaggeration.
NOTE Confidence: 0.84850305

00:59:17.670 --> 00:59:19.608 Next month is seeking find a
NOTE Confidence: 0.84850305

00:59:19.608 --> 00:59:21.390 host of various humorous venues.
NOTE Confidence: 0.84850305

00:59:21.390 --> 00:59:23.418 Now we all think about TV,
NOTE Confidence: 0.84850305

00:59:23.420 --> 00:59:26.132 but TV's only unlimited means we could go
NOTE Confidence: 0.84850305

00:59:26.132 --> 00:59:28.817 much further that we also have comedy clubs.
NOTE Confidence: 0.84850305

00:59:28.820 --> 00:59:32.540 But you're still right now, probably not.
NOTE Confidence: 0.84850305

00:59:32.540 --> 00:59:33.524 You can go to.
NOTE Confidence: 0.84850305

00:59:33.524 --> 00:59:35.313 Although things are opening up and sharing
NOTE Confidence: 0.84850305

00:59:35.313 --> 00:59:37.369 candy get to but all over the country.
NOTE Confidence: 0.84850305

00:59:37.370 --> 00:59:38.330 Because of the pandemic.
NOTE Confidence: 0.84850305

00:59:38.330 --> 00:59:40.410 But we invite you now to build Joyce.
NOTE Confidence: 0.84850305

00:59:40.410 --> 00:59:41.874 You opened your library.
NOTE Confidence: 0.84850305

00:59:41.874 --> 00:59:44.938 And so all kinds of videos and cassettes

NOTE Confidence: 0.84850305

00:59:44.938 --> 00:59:47.308 and DVDs and things like that.

NOTE Confidence: 0.84850305

00:59:47.310 --> 00:59:50.352 But I have a homework assignment for you and

NOTE Confidence: 0.84850305

00:59:50.352 --> 00:59:53.518 that is to create your own twickler notebook.

NOTE Confidence: 0.84850305

00:59:53.520 --> 00:59:56.400 This is assignment I give all my students

NOTE Confidence: 0.84850305

00:59:56.400 --> 00:59:59.717 all like appear when I give talks on stress.

NOTE Confidence: 0.84850305

00:59:59.720 --> 01:00:02.121 So here's the assignment I want you

NOTE Confidence: 0.84850305

01:00:02.121 --> 01:00:04.828 to begin to look for funny things,

NOTE Confidence: 0.84850305

01:00:04.830 --> 01:00:06.290 jokes, Jpegs, video snippets,

NOTE Confidence: 0.84850305

01:00:06.290 --> 01:00:07.752 birthday cards, Christmas cards.

NOTE Confidence: 0.84850305

01:00:07.752 --> 01:00:08.850 Dear Abby letters.

NOTE Confidence: 0.84850305

01:00:08.850 --> 01:00:11.770 Dave Berry comes things that make you smile.

NOTE Confidence: 0.84850305

01:00:11.770 --> 01:00:12.282 Laugh because.

NOTE Confidence: 0.84850305

01:00:12.282 --> 01:00:15.110 In the event you end up back in the hospital,

NOTE Confidence: 0.84850305

01:00:15.110 --> 01:00:16.568 most hospitals don't have humor cart

NOTE Confidence: 0.84850305

01:00:16.568 --> 01:00:18.374 you aren't going to have to take

NOTE Confidence: 0.84850305

01:00:18.374 --> 01:00:19.679 responsibility for your own health.
NOTE Confidence: 0.84850305

01:00:19.680 --> 01:00:21.458 Remember the research we 15 laps today.
NOTE Confidence: 0.84850305

01:00:21.460 --> 01:00:23.746 So what are the things that make you smile,
NOTE Confidence: 0.84850305

01:00:23.750 --> 01:00:23.993 laugh?
NOTE Confidence: 0.84850305

01:00:23.993 --> 01:00:25.694 I got a huge collection of jokes
NOTE Confidence: 0.84850305

01:00:25.694 --> 01:00:27.300 that I have over the years.
NOTE Confidence: 0.84850305

01:00:27.300 --> 01:00:29.001 I gotta tell you what my favorite
NOTE Confidence: 0.84850305

01:00:29.001 --> 01:00:30.598 things with my friends went in.
NOTE Confidence: 0.84850305

01:00:30.600 --> 01:00:32.350 He had some prostate cancer and he
NOTE Confidence: 0.84850305

01:00:32.350 --> 01:00:34.637 called me up and he said I want to go
NOTE Confidence: 0.84850305

01:00:34.637 --> 01:00:36.449 in the hospital for surgery tomorrow.
NOTE Confidence: 0.84850305

01:00:36.450 --> 01:00:37.968 Can I have your joke collection,
NOTE Confidence: 0.84850305

01:00:37.970 --> 01:00:39.488 your tickle notebook and I said,
NOTE Confidence: 0.84850305

01:00:39.490 --> 01:00:41.020 well, Stan, it's kind of personal.
NOTE Confidence: 0.84850305

01:00:41.020 --> 01:00:42.805 I'm not sure you're gonna like what
NOTE Confidence: 0.84850305

01:00:42.805 --> 01:00:44.612 I like and he goes, believe me.

NOTE Confidence: 0.84850305

01:00:44.612 --> 01:00:45.696 Because I'll need it.

NOTE Confidence: 0.84850305

01:00:45.700 --> 01:00:47.656 So I went to hospital, drop it off,

NOTE Confidence: 0.84850305

01:00:47.656 --> 01:00:49.621 it said on there do not open till

NOTE Confidence: 0.84850305

01:00:49.621 --> 01:00:51.319 after your surgery and it turns

NOTE Confidence: 0.84850305

01:00:51.319 --> 01:00:53.355 out he called me up and he said

NOTE Confidence: 0.84850305

01:00:53.355 --> 01:00:54.725 I almost popped all my stitches

NOTE Confidence: 0.84850305

01:00:54.725 --> 01:00:56.370 so it turns out that here's some

NOTE Confidence: 0.84850305

01:00:56.370 --> 01:00:57.748 examples I give us everywhere.

NOTE Confidence: 0.84850305

01:00:57.750 --> 01:00:59.595 A lot of people come back to me and

NOTE Confidence: 0.84850305

01:00:59.595 --> 01:01:01.338 say here are some examples that you

NOTE Confidence: 0.84850305

01:01:01.338 --> 01:01:03.540 can put in your slide show for other

NOTE Confidence: 0.84850305

01:01:03.540 --> 01:01:05.274 people who are building their own.

NOTE Confidence: 0.84850305

01:01:05.280 --> 01:01:05.973 Took our notebooks.

NOTE Confidence: 0.84850305

01:01:05.973 --> 01:01:08.290 So this is mostly from kids in middle school,

NOTE Confidence: 0.84850305

01:01:08.290 --> 01:01:09.550 but it could be anybody.

NOTE Confidence: 0.8983388

01:01:14.540 --> 01:01:16.400 Sorry I love you.
NOTE Confidence: 0.85199195

01:01:19.550 --> 01:01:21.129 Dog training for dummies.
NOTE Confidence: 0.7455916

01:01:24.260 --> 01:01:28.400 They're cute. That's cute too.
NOTE Confidence: 0.7455916

01:01:28.400 --> 01:01:30.084 I love this one.
NOTE Confidence: 0.7455916

01:01:30.084 --> 01:01:32.139 It's pretty clever. And how much?
NOTE Confidence: 0.7455916

01:01:32.139 --> 01:01:34.384 This would be a 513 one thing from
NOTE Confidence: 0.7455916

01:01:34.384 --> 01:01:36.430 shampoo to deodorant to Bath Wash.
NOTE Confidence: 0.7455916

01:01:36.430 --> 01:01:37.590 I don't think so.
NOTE Confidence: 0.7455916

01:01:37.590 --> 01:01:38.750 Peanut butter someone had
NOTE Confidence: 0.7455916

01:01:38.750 --> 01:01:40.318 a good time doing this.
NOTE Confidence: 0.7455916

01:01:40.320 --> 01:01:42.700 Cookie Monster strikes again.
NOTE Confidence: 0.7455916

01:01:42.700 --> 01:01:44.436 In that cute for a ticker notebook.
NOTE Confidence: 0.7455916

01:01:44.440 --> 01:01:46.076 I love that picture.
NOTE Confidence: 0.7455916

01:01:46.076 --> 01:01:48.530 A red radiologist take a selfie.
NOTE Confidence: 0.77777034

01:01:50.810 --> 01:01:52.595 And how about this? Another wine miracle?
NOTE Confidence: 0.8278401

01:01:55.390 --> 01:01:56.489 And this is when you get your

NOTE Confidence: 0.8278401

01:01:56.489 --> 01:01:57.240 beach towel from Costco.

NOTE Confidence: 0.8278401

01:01:57.240 --> 01:01:59.480 You could fit the whole beach on it.

NOTE Confidence: 0.8278401

01:01:59.480 --> 01:02:01.430 That's hammonasset dog owners would

NOTE Confidence: 0.8278401

01:02:01.430 --> 01:02:03.790 understand they have Dollar Dog there.

NOTE Confidence: 0.8278401

01:02:03.790 --> 01:02:06.926 I put dark corners on the 80 evidence.

NOTE Confidence: 0.8329751

01:02:09.140 --> 01:02:11.810 Watch for ice.

NOTE Confidence: 0.8329751

01:02:11.810 --> 01:02:13.626 I don't know what was going on there,

NOTE Confidence: 0.8329751

01:02:13.630 --> 01:02:16.395 but it made someone's took on notebook.

NOTE Confidence: 0.8329751

01:02:16.400 --> 01:02:19.974 So to this one. And here is a

NOTE Confidence: 0.8329751

01:02:19.974 --> 01:02:21.120 last video will show for the

NOTE Confidence: 0.8329751

01:02:21.172 --> 01:02:22.540 date my favorite video of all.

NOTE Confidence: 0.8329751

01:02:22.540 --> 01:02:23.788 It's called the end of paper.

NOTE Confidence: 0.16045314

01:02:25.390 --> 01:02:26.130 Emma.

NOTE Confidence: 0.27444637

01:02:32.050 --> 01:02:32.740 Emma.

NOTE Confidence: 0.16206542

01:02:36.730 --> 01:02:37.430 Emma.

NOTE Confidence: 0.7266625

01:02:39.490 --> 01:02:42.110 Yes. In LA.
NOTE Confidence: 0.23828334

01:02:48.290 --> 01:02:49.020 Emma.
NOTE Confidence: 0.8200014

01:03:00.610 --> 01:03:03.790 OK, will stop there.
NOTE Confidence: 0.8200014

01:03:03.790 --> 01:03:04.998 And any other questions,
NOTE Confidence: 0.8200014

01:03:04.998 --> 01:03:06.508 feel free to ask him.
NOTE Confidence: 0.8200014

01:03:06.510 --> 01:03:08.020 Well, no, I think I
NOTE Confidence: 0.85057575

01:03:08.020 --> 01:03:09.530 think we're probably at time,
NOTE Confidence: 0.85057575

01:03:09.530 --> 01:03:11.040 but I so appreciated the
NOTE Confidence: 0.85057575

01:03:11.040 --> 01:03:12.546 giggles today that was really
NOTE Confidence: 0.85057575

01:03:12.546 --> 01:03:14.056 very welcome very well thanks.
NOTE Confidence: 0.85057575

01:03:14.060 --> 01:03:15.871 Hope you got a couple laughs.
NOTE Confidence: 0.85057575

01:03:15.871 --> 01:03:17.978 I know it's it's a different scenario
NOTE Confidence: 0.85057575

01:03:17.980 --> 01:03:20.396 when you're not in your own room there,
NOTE Confidence: 0.85057575

01:03:20.400 --> 01:03:22.206 but but the idea is this.
NOTE Confidence: 0.85057575

01:03:22.210 --> 01:03:24.402 We all have the message to go out
NOTE Confidence: 0.85057575

01:03:24.402 --> 01:03:26.558 there and try and find things that

NOTE Confidence: 0.85057575

01:03:26.558 --> 01:03:28.781 make us laugh and smile because we

NOTE Confidence: 0.85057575

01:03:28.781 --> 01:03:30.965 have to be our own best audience.

NOTE Confidence: 0.85057575

01:03:30.970 --> 01:03:33.077 And we can't rely on someone else.

NOTE Confidence: 0.85057575

01:03:33.080 --> 01:03:35.222 We gotta do it for ourselves, but.

NOTE Confidence: 0.85057575

01:03:35.222 --> 01:03:37.154 Truly, the research shows that it

NOTE Confidence: 0.85057575

01:03:37.154 --> 01:03:39.046 does bring balance into our lives

NOTE Confidence: 0.85057575

01:03:39.046 --> 01:03:40.780 and even helps our immune system.

NOTE Confidence: 0.85352075

01:03:41.830 --> 01:03:43.230 That's what it's about.

NOTE Confidence: 0.85352075

01:03:43.230 --> 01:03:45.330 Thank you. Thank you so much.

NOTE Confidence: 0.85352075

01:03:45.330 --> 01:03:46.730 That was really wonderful.

NOTE Confidence: 0.85352075

01:03:46.730 --> 01:03:49.010 We so appreciate having you today.