Who, What, Where, Why, When and How

Presented by Bob Pontius, MA

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Who needs Humor in the Grieving Process?

Anyone who has suffered a loss!
- Death of a loved one
- Loss of health
- Loss of a job
- Death of a pet
- A miscarriage
- Loss of a friendship
- A Caregiver, counselor, or friend!

Why should I use Humor in the Grieving Process?

- Humor replaces distressing emotions with pleasurable emotions.
- Humor is an equalizer, bringing people together
- Can significantly increase hope
- No defense mechanism against humor
- It is a release!
- Humor helps talk about taboo topics
- Every list I’ve read about coping and grief include laughter
Why should I use Humor in the Grieving Process?

**PHYSICAL**
- Lowers stress hormones
- Relaxes the whole body
- Releases endorphins

**MENTAL**
- Eases anxiety and fear
- Relieves stress
- Improves mood

**SOCIAL**
- Strengthens relationships
- Attracts others to us
- Helps defuse conflict

Where can Humor be found in the Grieving Process?

- Pre-loss: helps us get ready for the pain
- During the conflict: helps distract us from the pain
- Post-loss: helps us remember the happy times
- Any one of the 5 stages: Denial, Anger, Bargaining, Depression, Acceptance

When can I use Humor in the Grieving Process?

- At what point is it appropriate? You never know... see video!
- Best when used with close family/friends
- Be aware of cultural/age/gender/handicap differences
- Did the deceased request it? Did you take it seriously?

How can I use Humor in the Grieving Process?

1. Remember the humor
2. Ask for the humor
3. Look for the humor
4. Document the humor

SUMMARY

1. What?
2. Who?
3. Why?
4. Where?
5. When?
6. How?

Laughter through tears...
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Steel Magnolias