

# Do you work with the Living Dead?

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## Reboot

- Be grateful.
- Have a mindset to value others.
- Laugh often.

## Laughter

- Definition of Humor: A comic, absurd, or incongruous quality causing amusement
- Quote from Dr. Suess “From there to here, from here to there, funny things are everywhere.”

## Laughter Benefits

1. Improves memory
2. Reduces stress & tension
3. Promotes teamwork

Quote from Victor Frankl “Humor, more than anything else in the human make-up, has an ability to rise above any situation, even if only for a few seconds.”