

Homeroom Topic In a Minute(ish)

Homeroom Topic:

Using Humor during Times of Stress

Recommended Time Frame:

2 minutes

Why it's important:

Managing stress can reduce anxiety, improving concentration and wellbeing.

30-second overview to share with team:

Using humor during times of stress has been shown to help lift people's mood.

Key discussion points/activity—make as interactive as possible:

Humor Boosts Coping Skills Laughter is powerful medicine! We all may be feeling a heightened sense of worry or anxiety, which is understandable. Did you know that laughter can relieve mental and physical stress? Sharing humor with others strengthens our connections and provides a boost to our wellbeing!

While our smiles may be covered by facemasks right now, what are some ways we can spread laughter for patients and teammates?

- Telling (G-rated) jokes
- Decorating your PPE
- Dancing around the clinic
- Playing your favorite "social distancing" playlist
 - o E.g. Don't Stand So Close to Me, All By Myself, U Can't Touch This
- Singing while you wash your hands for 20 seconds