



Want to explore the benefits of humor? Check out these links.

#### Humor & Health

[Stress relief from laughter? It's no joke](#) (article)

[Benefits of Humor in Reduction of Threat Induced Anxiety](#) (abstract)

[Gross National Happiness USA - Making Happiness Our New Bottom Line](#) (website)

[Dozens Of Animals Laugh Too, Study Shows](#) (NPR audio 3 minute listen)

[It's OK to Find Humor in Some of This](#) (article) on dark humor

[The First Joke: Exploring the Evolutionary Origins of Humor](#) (PDF)

[30 Benefits of Humor at Work](#) (article with many references)

[Humor in Medicine](#) (PDF)

#### Humor & Teaching

[Humor, Analogy, and Metaphor: H.A.M. it up in Teaching](#) (essay)

[You've got to be joking - humour and education: Trevor Strong at TEDxQueensU](#)

A teacher who demonstrates a willingness to understand humor, opens opportunities for other real and potentially uncomfortable topics. "Humor is a way in"

#### The Art of Humor

[What Makes Something Funny?](#) (article)

[How to Laugh at Yourself](#) (article)

[Trevor Noah "Funny, Funny"](#) (video) - the edge of humor

[Real Actors Read Yelp™ #1](#) (video)

#### Inner Critic

[How to stand up to your own inner critic](#) (article)

Common Critics - the perfectionist, the taskmaster, the inner controller, the guilt tripper, the destroyer, the underminer, and the molder are common manifestations of the inner critic, according to Jay Earley and Bonnie Weiss.

Supporting conversation - the benefits of humor through the lens of the Blue Zones "Power 9" and "Maslow's Hierarchy of Needs."

Blue zones: [Power 9](#)

[Maslow's Hierarchy of Needs Explained](#)