

Overwhelmed or What

(Health Care Cartoons for Care Givers)

By speaker/humorist Mike Moore



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INTRODUCTION

Health Care Relationships are Stressful

When it comes to the relationships involved in the delivery of health care services we all have our own perceptions based on personal experience or the experiences of others. In many instances these perceptions can result in a lot of stress for a lot of people. We are the products of our perceptions.

Often it is helpful to find others in the same circumstances as we find ourselves and are able to laugh with them at the absurdities of it all. Laughter does tend to help us put things in perspective.

If humor cuts stress in half and promotes relaxation then let's laugh in the face of health care stress.

Medical cartoon pictures promote laughter and in so doing reduce stress

"If you find something funny search it for hidden wisdom, insight and truth." Mike Moore

“ We don’t see things the way they are. We see things the way we are.”
Anon

The Health Benefits and Bonding Power of Laughter

Laughter isn't just fun and enjoyable, it's good for our health. Each month modern medicine is discovering more about the therapeutic dimension of humour and laughter and is encouraging us to add them to our wellness program. You who are involved in health care need to access these same benefits to reduce stress and foster employment enjoyment.

The Health Benefits and Social Benefits of Laughter

When we laugh we...

- * lower our blood pressure.
- * promote relaxation and reduce stress.
- * increase the oxygen level in our blood giving us more energy.
- * increase the endorphin activity in our body resulting in a sense of well being.
- * are able to keep things in perspective
- * banish boredom
- * are more socially attractive. People enjoy being with those who laugh easily and often.
- * increase our enjoyment of life.

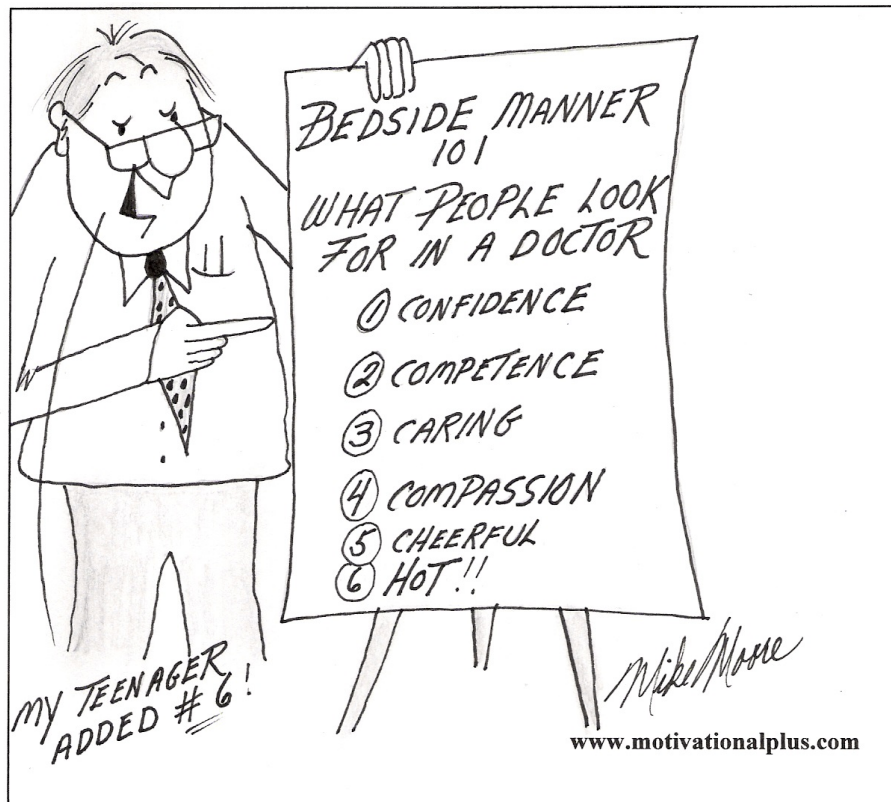
Laughter has been called social glue because it bonds us to the people we laugh with.

The message is clear: The staff that laughs together, lasts together.

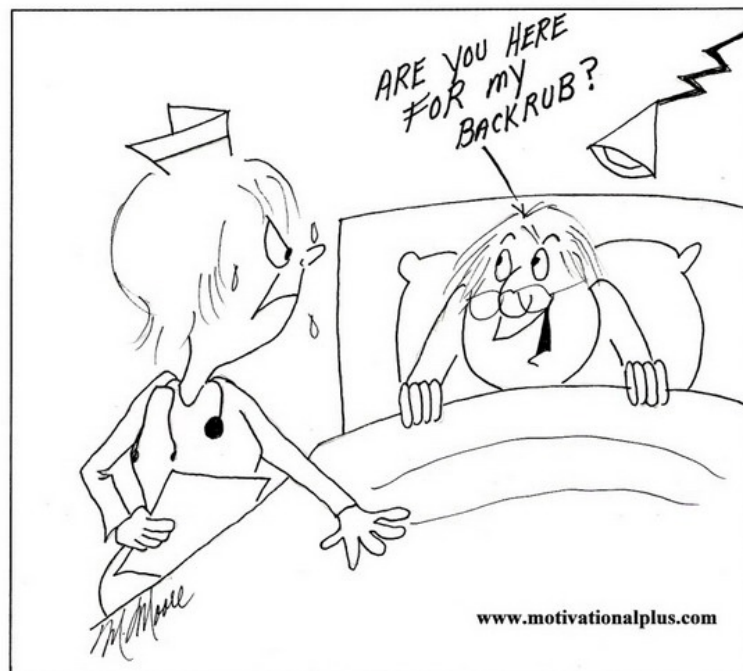
If it feels good to laugh then laugh to feel good.

Health Care Cartoons

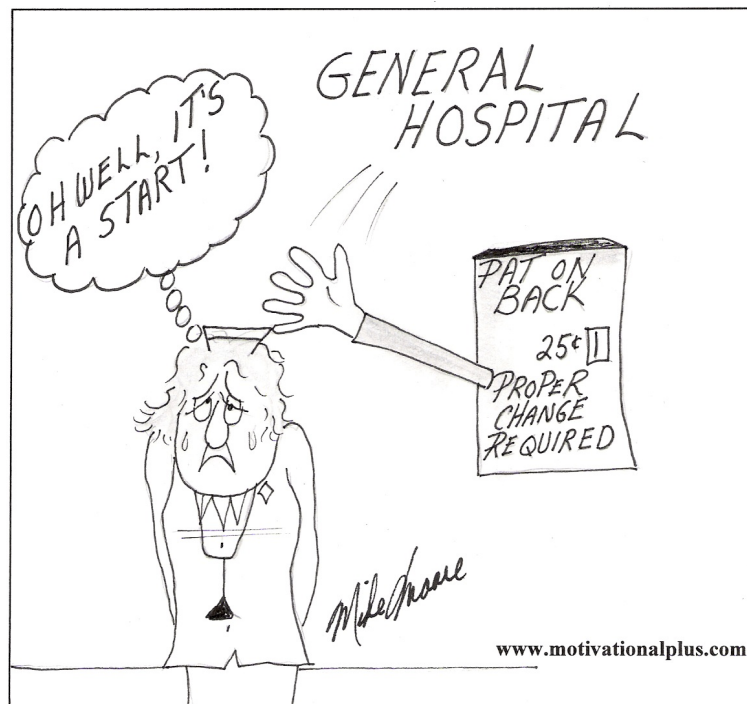
The following cartoons may be reproduced for use in newsletters, on bulletin boards and in staff in-service sessions.

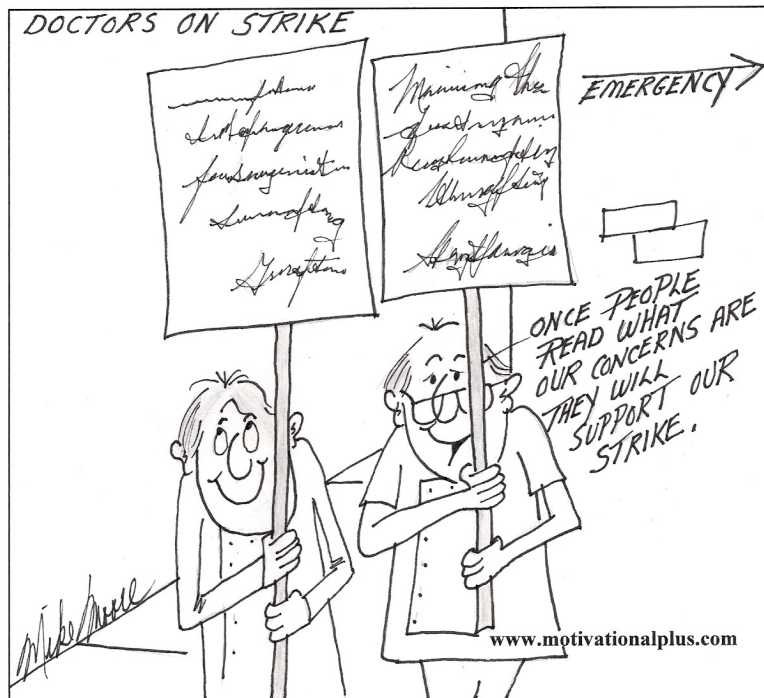


" Medical cartoons force us to examine the validity of our perceptions."
Mike Moore















Mike's Laughline Cartoons



Mike Moore: a speaker with a difference

CONCLUSION

I hope that you enjoyed these cartoons as much as I enjoyed drawing them. If you are ever in need of a speaker for your next health care conference I would appreciate your consideration. You can contact me at 519-753-0702 or email me at mikemoore@motivationalplus.com

Links to Visit

* for a funny stress reducing photo

<http://motivationalplus.com/cgi/a/t.cgi?huron>

* View a 5 minute video clip on stress and humor

<http://motivationalplus.com/cgi/a/t.cgi?video>

* If you ever thought of sharing your health care knowledge with others for terrific fees

<http://www.speakforprofit.com>

* More cartoons

<http://motivationalplus.com/cgi/a/t.cgi?pickyourown>