



Putting the FUN Back in Health Care!

Putting the FUN Back in Healthcare

a four-part audio learning program
from Leading Home Care ... a Tweed Jeffries company

Session IV: Prescription for Humor with Karyn Buxman, RN, CSP, CPAE

October 28, 2004, 1:00 p.m. Eastern Time

Let's face it. Working in healthcare just isn't as much fun as it used to be. It's time to lighten up a little bit, and enjoy what we are doing.

From the convenience of your own conference room, you and your healthcare team can gather around the speakerphone for a one hour audio laugh-fest with one of America's funniest healthcare professionals.

Join hundreds of healthcare workers from across the country in this fun-filled series. This Lunch 'N Learn program is just for FUN.

The learning objectives for this session

As a result of participating in this learning program, you will be able to:

1. Recognize the importance of perspective on personal stress levels.
2. Give an example of humor experienced in the workplace. Was it positive, negative or gallows?
3. Differentiate between passive and active humor appreciation.



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This Won't Hurt A Bit!

Healthcare is full of fractured truths! And while the state of healthcare is no joke, it can be a laughing matter. Unfortunately, nurses from coast to coast lament “There’s nothing funny happening where I work,” “Our boss thinks humor is unprofessional,” and “I’ve lost my laugh.” Nurse humorist Karyn Buxman is here to remind us “what’s so funny,” where to find the humor, and how it can help us. Her motto: Laugh ‘til you cry. Cry ‘til you laugh. Laugh ‘til you leak!

I. There’s nothing funny happening where I work.

- A. A matter of perspective
- B. Playing with pain



II. Humor in healthcare

- A. The good...
- B. The bad...
- C. The occasionally ugly...

III. If I hadn't seen it, I wouldn't have believed it

- A. From another angle
- B. Finding the humor around you
- C. Creating a humor habit





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Discussion Questions:

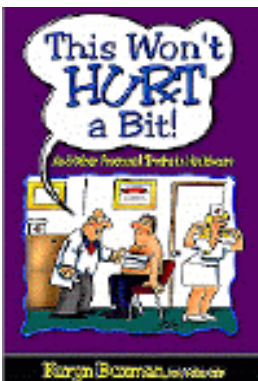
What can we do in our department or our unit to laugh more and have more fun?

What are some ways we can create a different perspective on the things that happen in our department?

How can we apply Karyn's Prescription to laugh more and be more playful at work?



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This Won't Hurt a Bit

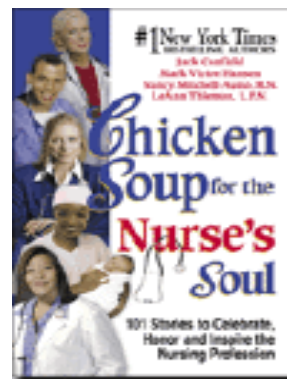
Karyn announces her new book! 96 pages of jokes, stories and cartoons, for those on the giving and receiving end of healthcare.

Price: \$11.95

Chicken Soup for the Nurse's Soul

Encourages, uplifts and honors nurses by sharing the sunshine and sorrows of their profession. Nearly 3000 health caregivers from all over the world offered their stories, their hearts, their souls to inspire one another. This collection of true stories champions the daily contributions, commitments, and sacrifices given by nurses and portrays the compassion, intellect and wit necessary to meet the ever-challenging demands of the profession.

Price: \$12.95



A Funny Thing Happened on the Way to the Call Light

It's obvious that the state of healthcare is no laughing matter. Join nurse humorist Karyn Buxman as she shows us where to find humor... on the way to the call light.

CD-ROM Price: \$10.00

Rx Humor: Dispense with Care

Every health professional has heard that "humor is the best medicine." But even good medicine can be harmful if not taken as directed.

CD-ROM Price: \$10.00



Available at www.humorx.com



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About your Leading Home Care Teleseminar Team

Stephen Tweed, CSP - Your Host



For the past 20 years, Stephen Tweed has worked with healthcare companies around the country that want to grow their businesses, and with healthcare leaders who want to multiply performance. He is currently Chairman and CEO of *Leading Home Care ... a Tweed Jeffries company*, the center for home care strategy and leadership. Stephen has served on the boards of directors of three not-for-profit healthcare organizations, and is a past President of the 3500 member National Speakers Association. He is a frequent speaker at healthcare association conferences and corporate meetings throughout the United States.

Karyn Buxman, RN, CSP, CPAE



While in graduate school, Karyn combined her research with the one thing that enabled her to get through an entire day without losing her sanity: humor. Now a leading international expert on humor, Karyn puts her studies to work by delivering energy-charged keynotes that entertain, motivate and educate audiences nationwide.

Karyn's Humor as Life Strategy techniques have been utilized in national media through magazine articles, talk shows and radio programs. She has co-authored *Chicken Soup for the Nurse's Soul*, *Give Stress A Rest*, *Chicken Soup for the Christian Women's Soul* and *Humor Me* and is author/publisher of *This Won't Hurt A Bit! And Other Fractured Truths in Healthcare* and *The Humor Habit; Tips to Jest for Success*.