

**Laughter is The Key to Aging Well
(Getting Older but Not Growing Up)**

- I. Humor – Latin word – “umor” _____**
- II. Silly – Old English – “selig” _____**
- III. Three commonalities of a happy person –**
 - a.
 - b.
 - c.
- IV. Benefits of humor:**
 - a. Increases memory facts by _____ %
 - b. Decreases _____
 - c. Decreases _____
 - d. Great way to enter _____
 - e. Breaks _____
 - f. Exercises your _____ brain, therefore you are more _____
- V. When should humor not be used:**
 - a. Hurts other _____
 - b. To keep people _____
 - c. To not experience _____ or _____
- VI. Why don't we use humor?**
 - a. Fear
 - b. Anger
 - c. Stress and Tension
 - i. Physical care
 - ii. Emotional concerns
 - iii. Financial and legal needs
- VII. Do you have humor?**