

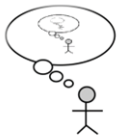
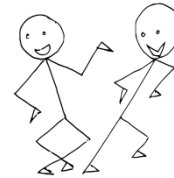
LAUGHING AT TIGERS



Carole Deyoe, RPh
Comic ~ Pharmacist ~ Carnivore

ADPA Iowa
Parkinson's Conference
June 6, 2025





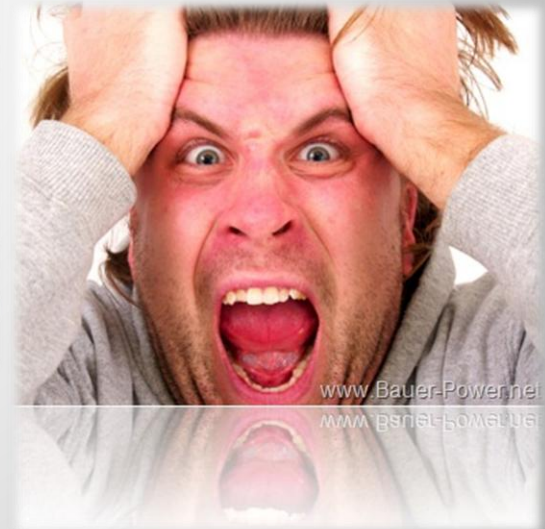


**300
VS
17**

Urban legend but still....

Huh????????





Are we STRESSED??
Yes! YES, WE ARE!!!!



- Anxious
- Irritable
- Angry
- Short-tempered
- Aggressive
- Sad
- Panicked
- Hopeless



**Emotional Effects of Stress are
Widely Known**

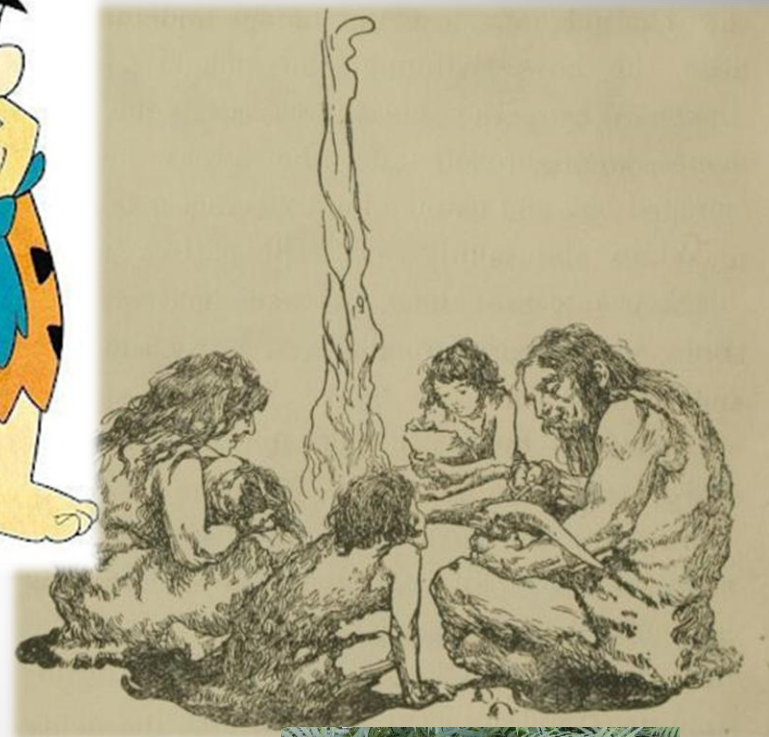
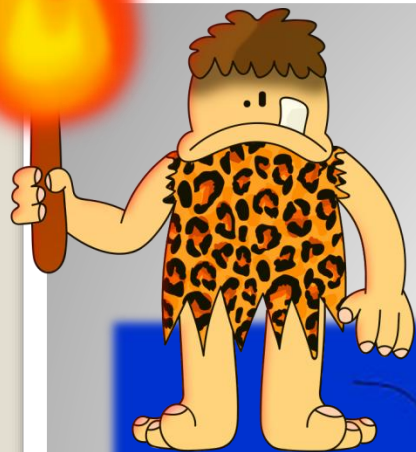


- Up to 70% of illness can be linked to stress
- Major contributor in 6 of the leading causes of death in the US:
 - Cancer
 - Coronary heart disease
 - Accidents
 - Respiratory disorders
 - Cirrhosis
 - Suicide
- Most research involves "The Big 3":
 - cancer
 - heart disease
 - autoimmune diseases



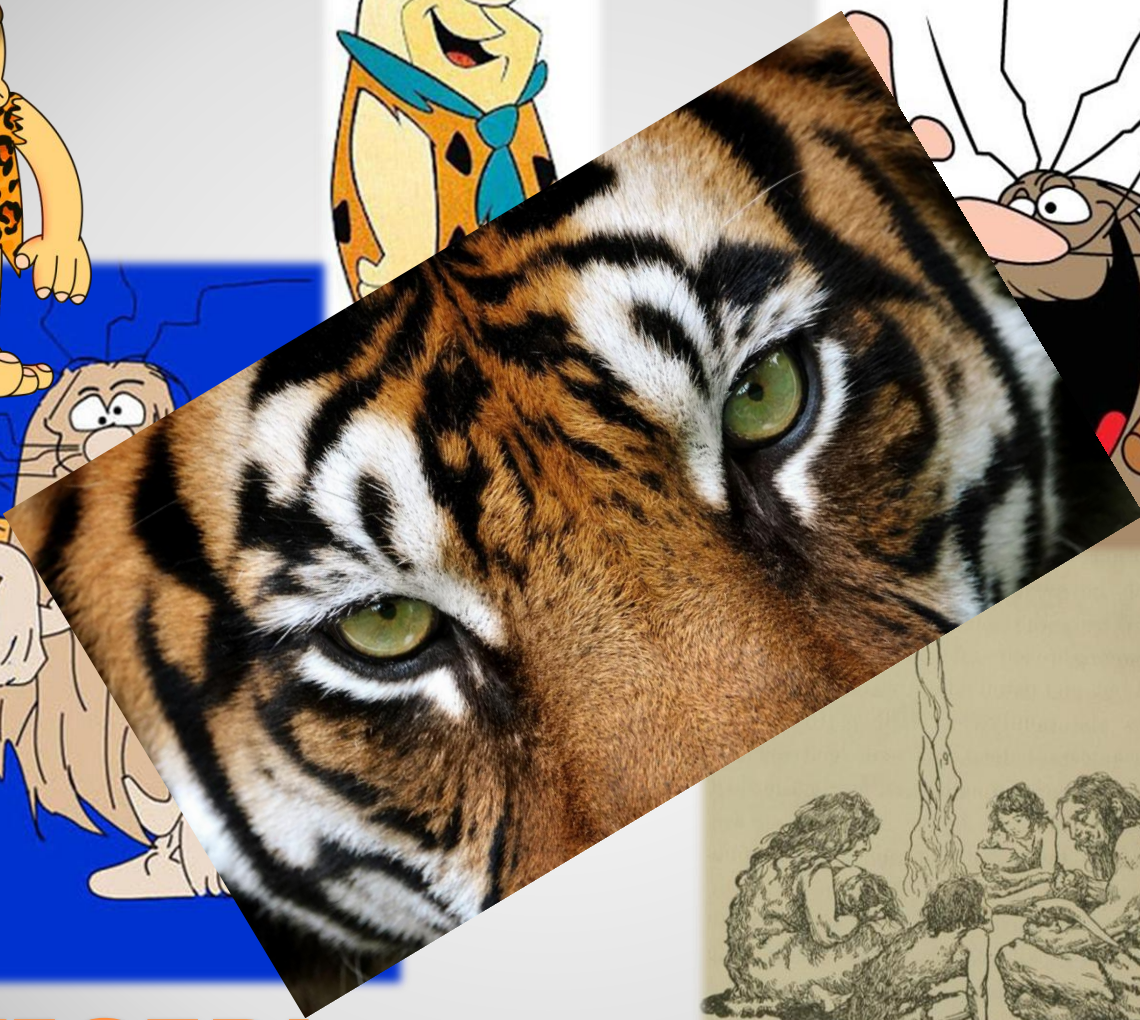
Stress Can Kill US!





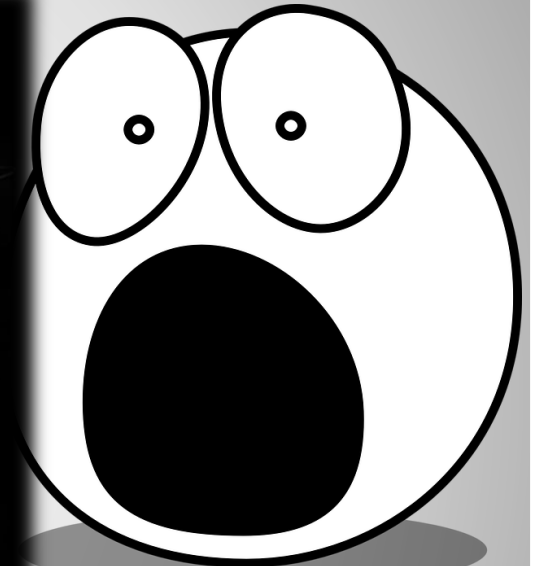
The Caveman





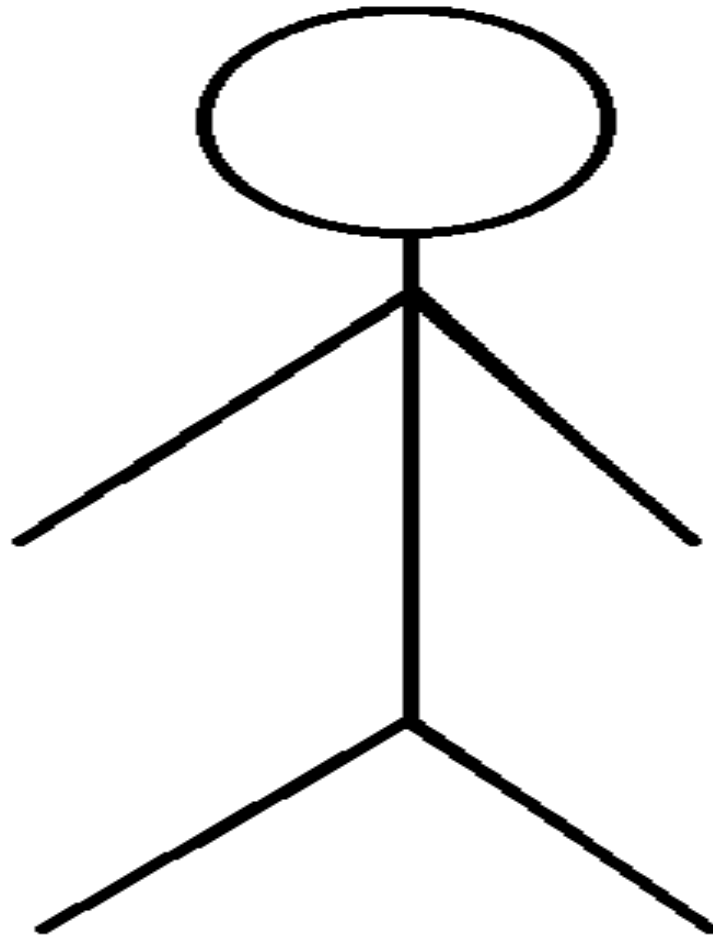
The TIGER!





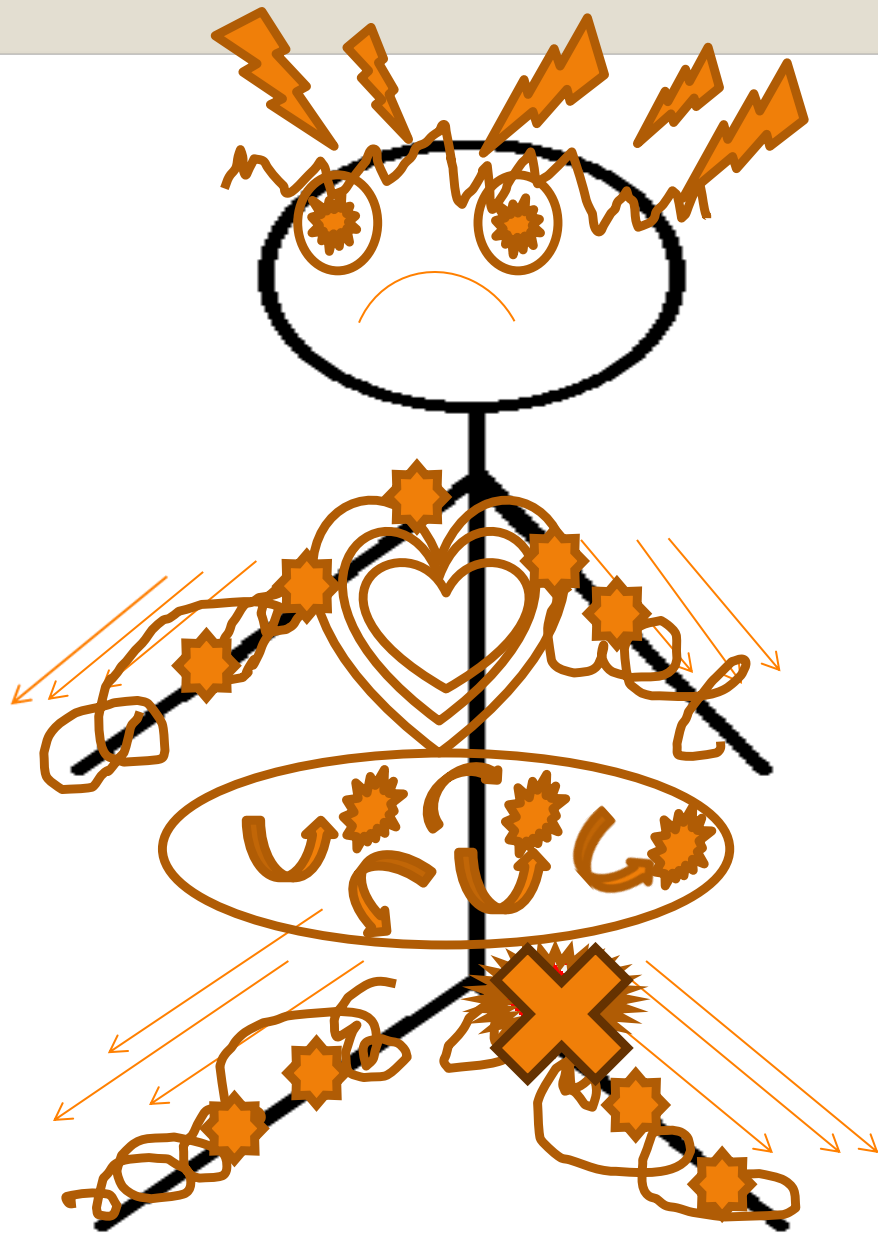
Stress Hormones Epinephrine and Cortisol

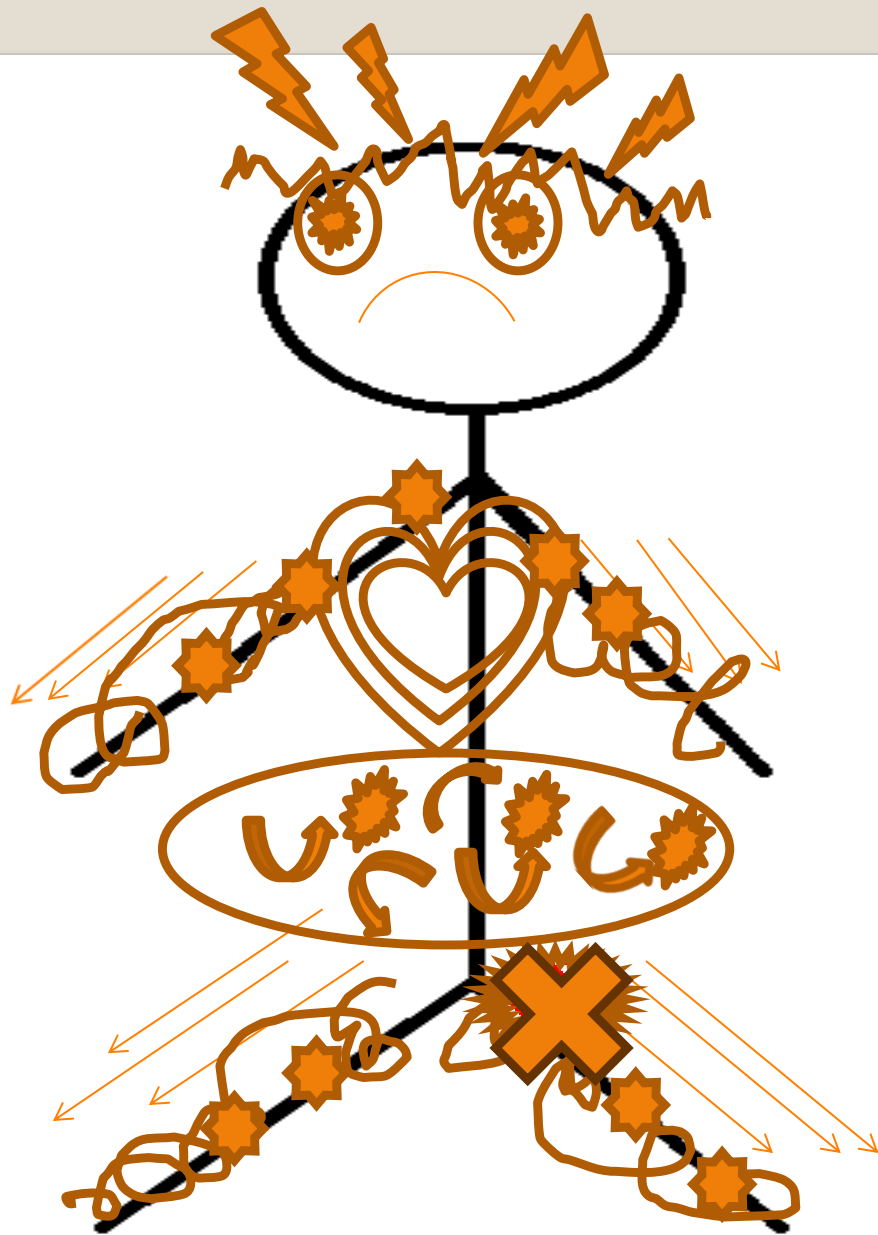




The Caveperson



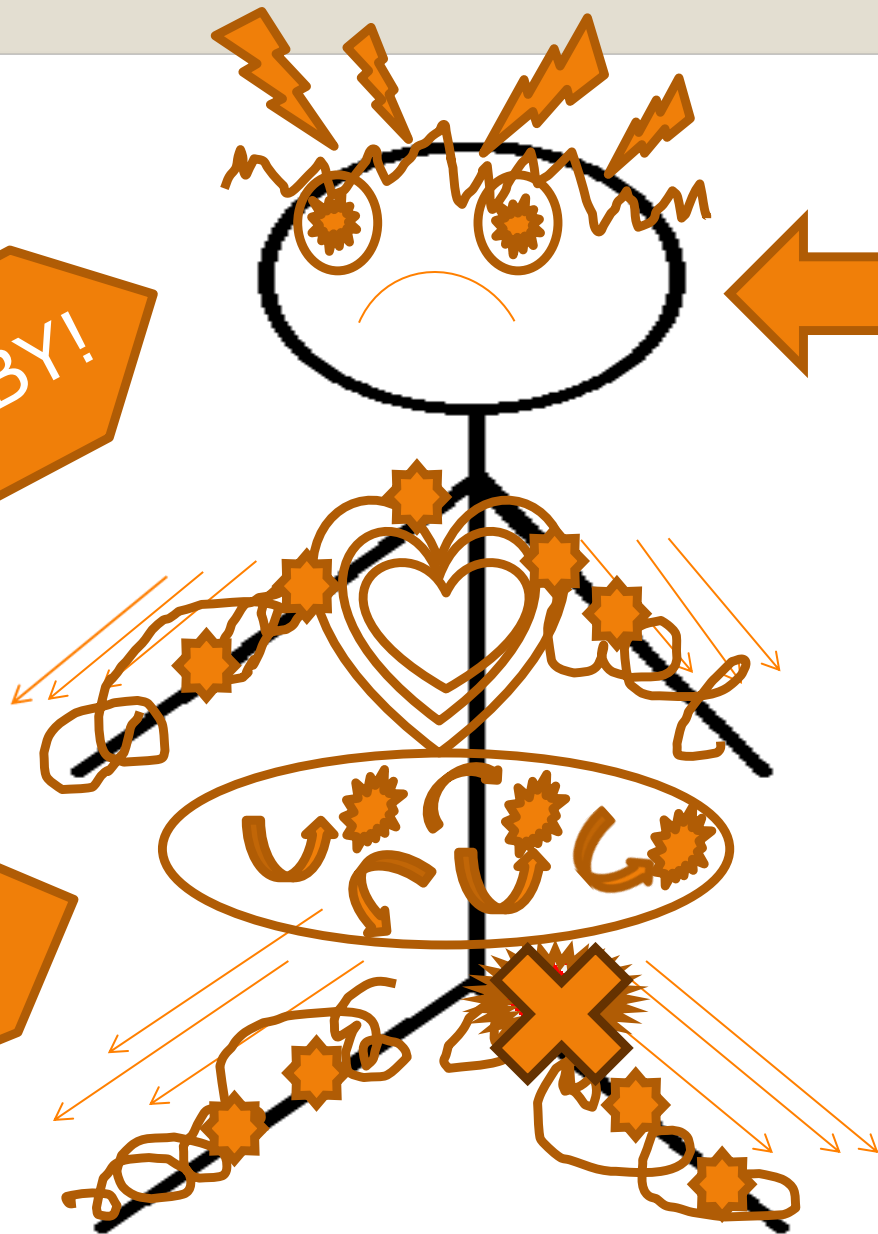




CRABBY!

STUPID!!!

SICK!!



“Stress-related disease emerges...
out of the fact that we so often
activate a physiological system that
has evolved for responding to acute
emergencies, but we turn it on for
weeks on end...”

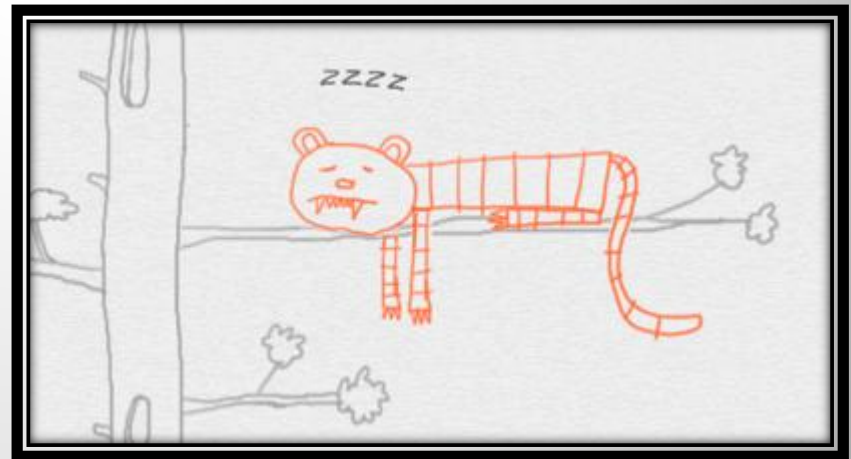
- Robert Sapolsky

**The Stress Response
System
DID NOT Evolve for
Chronic Activation!!**









What if...
We LAUGH at Those Tigers?



- Reduces depression
- Improves social interaction (which reduces loneliness)
- Puts us and others at ease
- Distracts from stressful situations
- Provides a shared perspective
- And...It's contagious!

**We Know Humor
Helps Our MOOD!**



**“Against the assault of laughter,
nothing can stand.” – Mark Twain**

- It's not just about laughing at a joke
- It's perspective about life
- Laughter is an emotional AND a physical release.

**“A cheerful heart does a body good,
like medicine. But a broken spirit
makes one sick.” – Book of Proverbs**

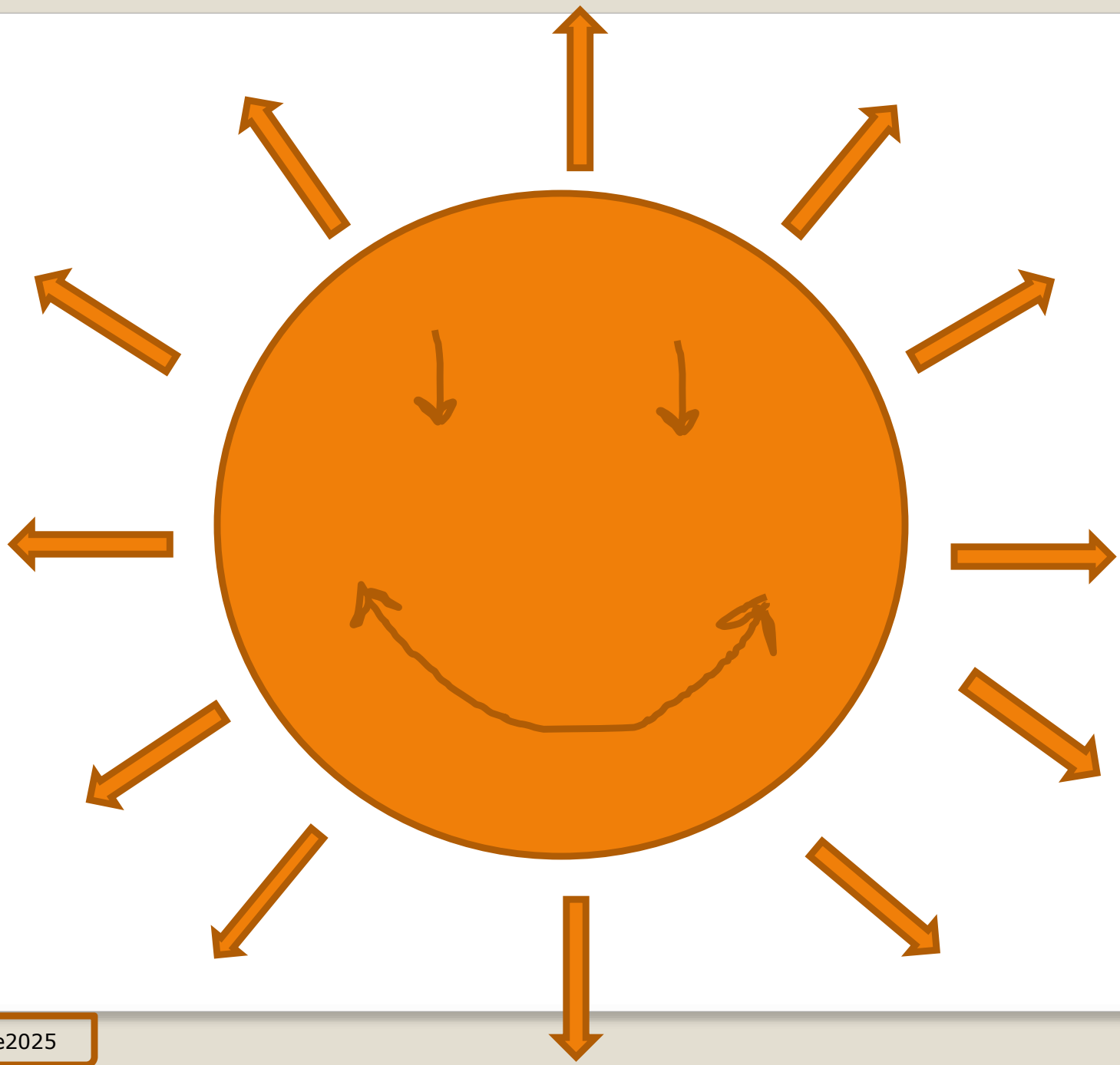
But Can Laughter HEAL Us??

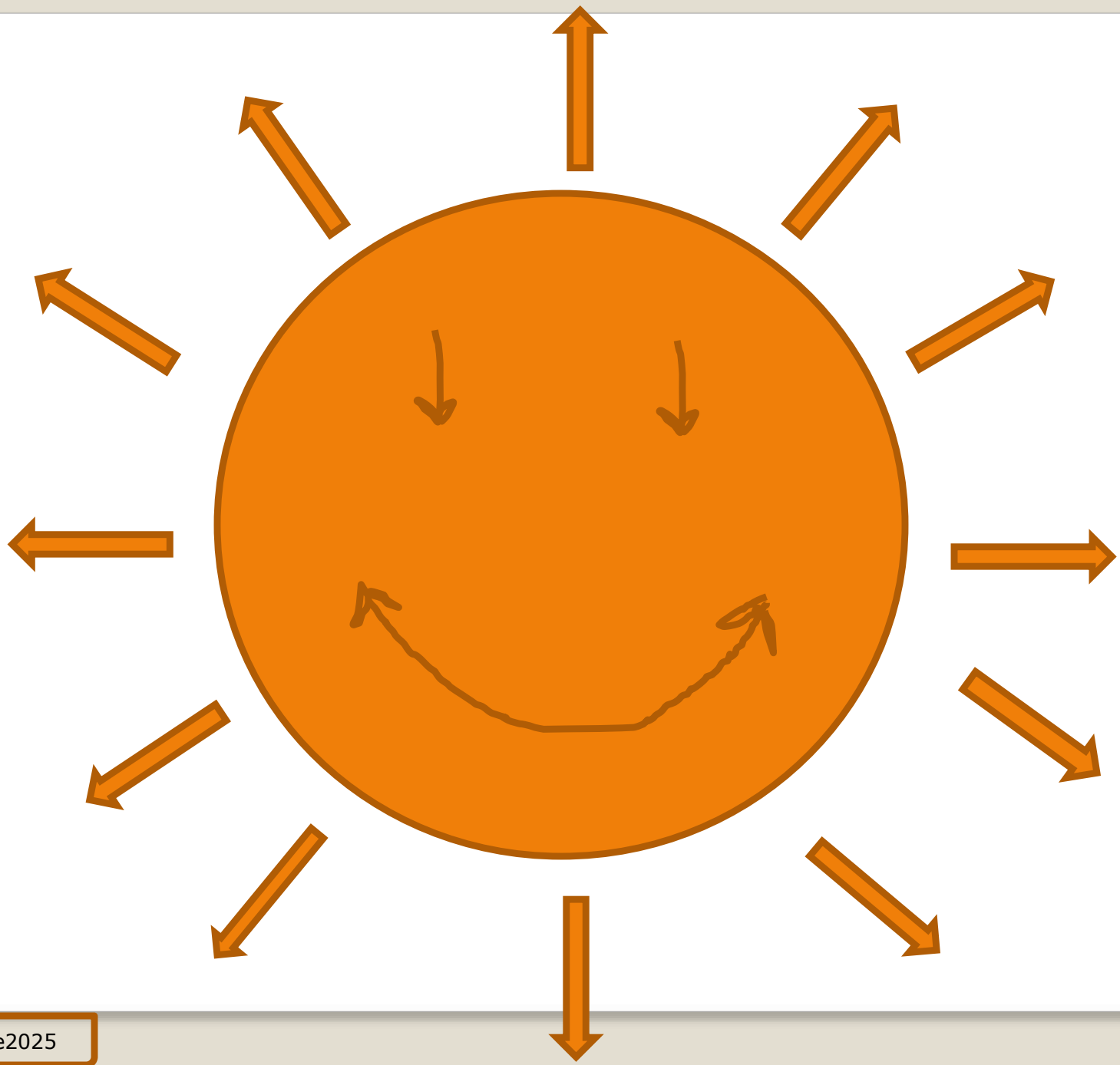




**Remember
Our Tiger... and
Epinephrine... and
Cortisol?**









**You Say You Don't Know HOW?
Everyone Can Learn !!!**



- **Be Silly!**
- **PLAY!**
- **Bring It!**
- **OR Lose It!**
- **GO!**
- **Share!**
- **Why Wait?**

Use The Tools!



- **Step Back**
- **Value Extremes**
- **Have a Contest**
- **REACT!**



Use Your Own Mind



**“Life does not cease to be funny
when people die any more than it
ceases to be serious when people
laugh.”**

–George Bernard Shaw

*Reminder 1- the techniques
presented today are my own
and do not reflect upon my hosts.*

Reminder 2 –

I’m not a nurturer



The Hard Stuff



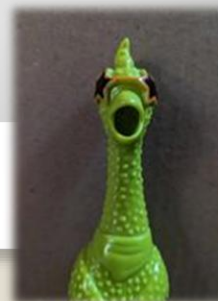


If you love someone enough, you can still hear the laughter after they're gone. –Unknown





HUMOR GIVES US A CHOICE



THANK YOU!



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FB: Laughing at Tigers

