



NM DENTAL HYGIENISTS ASSOCIATION  
SCIENTIFIC SESSION 2020  
Humor, Fun, and Laughter in the Dental Office  
Date: September 25, 2020  
Presenter: Ron Price

**BENEFITS of LAUGHTER and FUN**

Laughter releases more endorphins than morphine	True/False
Hearty laughter burns calories	True/False
Laughter increases oxygen intake	True/False
Laughter boosts immunity	True/False
Laughter can lower blood pressure	True/False
Laughter helps to reduce unhealthy stress	True/False
Fun improves creativity and teamwork	True/False
Fun improves communication	True/False
Fun reduces conflict and tension	True/False

**SOURCES OF LAUGHTER INCLUDE:**

Videos

E-mails

Yourself

Other \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WAYS to INCREASE FUN at WORK INCLUDE:** \_\_\_\_\_

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