



## Transcript: Laugh It Off: How Therapeutic Humor Can Work for You (And Your Communities)

Presenter: Mallori DeSalle and Lodge McCammon  
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PRESENTER: Good morning, and welcome to "Laugh It Off-- How Therapeutic Humor Can Work for You and Your Communities" with Mallori DeSalle and Lodge McCammon. This presentation was prepared for the Great Lakes PTTC under a cooperative agreement from the Substance Abuse and Mental Health Services Administration. The opinions expressed in this webinar are the views of the speakers and do not reflect the official position of the Department of Health and Human Services or SAMHSA.

The PTTC believes that words matter and uses affirming language in all activities. Now, thank you again for joining us. I'm going to share a few housekeeping items. If you have technical issues, please individually message Rebecca Buller or Jen Winslow in the chat section at the bottom of your screen, and we will be happy to assist you. If captions or live transcript would be helpful, please use your Zoom toolbar near the bottom of your screen to enable by going to the More section, select Captions, and then Show Captions.

Questions for the speaker should be put into the Q&A section, which is also at the bottom of your screen. You will be directed to a link for a short survey at the end of this presentation. We would appreciate it if you could fill it out. It takes just about three minutes and helps us continue to provide trainings like this. Certificates of attendance will be sent out via email to all who attended the full session. It can take up to two weeks. Be sure to take time to connect with us on social media.

And now, let me introduce our presenters. Mallori DeSalle is a licensed mental health counselor, an internationally certified prevention specialist, motivational interviewing trainer and a certified humor professional. As a speaker and trainer, she has sparked curiosity in both young and the young at heart. Her passion for creating a lasting impact led her to the public health field. And for the past 14 years, she has worked at Prevention Insights, a center within the School of Public Health at Indiana University in Bloomington. Mallori works with people all over the world. She served on the board of directors for the Association for Applied and Therapeutic Humor and, in 2021, became a TEDx speaker. Her credentials don't impress her family, but, occasionally, her corny jokes do make them laugh.

Dr. Lodge McCammon is a therapeutic humorist, instructional designer, author, musician, and international education consultant who provides



professional services, including keynote speeches, workshops, curriculum development, and a variety of training programs.

He works with school districts, universities, nonprofits, and businesses such as Palm Beach Schools, University of West Indies, Discovery Education, Microsoft, Amazon, the Coca-Cola Company. Most recently, Lodge facilitated a month of therapeutic humor for the Nourished Teachers Community, which is a Facebook-funded initiative focused on helping educators cope with work stress and avoid burnout. He uses a program that he designed called Laugh It Off to help his clients transform their daily frustrations into humor.

Mallory and Lodge will also be joined by Kris Gabrielsen, co-director of the Great Lakes PTTC and all-around great person to present our training material today. Thank you. And we'll turn things over to our presenters.

LODGE MCCAMMON: Wonderful. Rebecca, thank you so much for having us. Thank you for that wonderful introduction. And thank you all for being here and for joining us. Very excited. And we have a question for you to kick this off. What's in a name? And that's actually an activity, too. So, we would like to invite you to decide on an absurd name-- we're going to be doing a lot of absurdity in the next 90 minutes-- we're going to be focusing on that word quite a bit-- that you would like to go by during this workshop. So here are some ways to come up with absurd names. So, you can take a title plus a favorite food. So, Mallori, what would your absurd name be if you took a title plus a favorite food?

MALLORI DESALLE: My absurd name would be Queen Double-Stuff Oreo.

LODGE MCCAMMON: Queen Double-Stuff Oreo. And you can go ahead and, if you want to change your name or add that to your name in Zoom-- we want to--

MALLORI DESALLE: Got it right now.

LODGE MCCAMMON: --keep our-- perfect. So now, Mallory DeSalle dash Queen Double-Stuff-- I like it. Yeah. So, we want to make sure we don't change our name fully so you get credit for the webinar that you're in. We can just add the name to that. That's fine. Or another way to do this is a pet's name plus a "peith"-- a "peith," there it is-- piece of clothing plus the word bottom. So, I'm going to do that one.

Let's see. I'm going to change my name or add my name. Let's see. So, Lodge McCammon. And then, I'm going to go-- my first dog's name was D'Artagnan. And so, I'm going to go D'Artagnan Sockbottom. You can just call me Sockbottom, though. Or you can make up your own name if you don't want to follow those guidelines. So, Kris, welcome. Hello. Thank you so much for joining us. We're going to have a great time. Kris, what is your absurd name? What did you come up with?



KRIS GABRIELSEN: I came up with Captain Hawaiian Pizza.

LODGE MCCAMMON: Captain Hawaiian Pizza. What is that? Pineapple and Canadian bacon, right?

KRIS GABRIELSEN: Canadian bacon, which I realize really offends some people a bit. I love Hawaiian pizza.

LODGE MCCAMMON: I love it, too. I love it, too. I would never eat it, but I love it. I would love it. Yeah, wonderful. And if you want to change-- oh, you already did. So, Kris changed her name to Kris, dash, and then, her absurd name. Wonderful.

MALLORI DESALLE: Beautiful. And the audience is already doing it, as well. So, we invite you. If you haven't already, put your name in the chat. Put it in there, your absurd name. And also, start looking at them. Check out all the absurd names that are coming in through the chat. Oh, my goodness. Madam Chipotle. Well, Director Enchiladas, I need you and Wizard Taco to know that the work that we are bringing all of you has solid empirical foundations. We want to share a few of those citations with all of you up front to demonstrate that we're serious about humor and laughter.

But before we do that, I would like to tell you a story. I was in Vegas for a wedding a few days ago. And after each line of the vows, the efficient said, oh yeah. I thought it was very funny, so I invite you-- Lodge, Kris-- to always drop an "oh yeah" after each of the research statements. Lodge, why don't you give it a try?

LODGE MCCAMMON: [CLEARS THROAT] OK. Hold on. I've got to-- what's my motivation? OK. No, I get it.

MALLORI DESALLE: Vegas wedding.

LODGE MCCAMMON: Humor and laughter help maintain well-being by reframing stressful events. Oh yeah.

MALLORI DESALLE: Humor can also change the regular patterns created by past discomforts which can produce a shift in perspective and a desirable transformation. Oh yeah.

KRIS GABRIELSEN: Comedy increases social engagement and improves retention of information. Oh yeah.

LODGE MCCAMMON: All right. Let me see if I can do something. Laughter can serve as a social reward that reinforces behavior and conveys affiliation and can communicate social norms, oh yeah.



MALLORI DESALLE: Humor can function to reinforce the solidarity of groups. However, it can also segregate community or a coalition member who is not a part of the in-crowd. Oh yeah?

KRIS GABRIELSEN: And humor can create connections that help decrease loneliness. Oh yeah.

LODGE MCCAMMON: Humor is useful-- I should be clicking through these slides, shouldn't I? I got lost--

MALLORI DESALLE: Oh yeah.

LODGE MCCAMMON: --in my own excitement. Oh yeah. Humor is useful for building rapport with groups like coalitions and in relationships with key stakeholders, and it can reduce concern. Oh yeah.

MALLORI DESALLE: Humor can be used to help communicate difficult issues and cope with challenges. And though prevention is focused on delaying challenges, it can be useful in primary, secondary and tertiary aspects of our work. Oh yeah.

KRIS GABRIELSEN: Well, one study showed when a person laughed for 30 minutes, there were significant physical and mental benefits. Oh yeah.

LODGE MCCAMMON: Oh yeah. Using humor and laughter directly after experiencing a stressful situation produces a reduction in stress hormones and creates lasting, positive feelings. In fact, when practicing humor-- like we are about to do here, over the next little while-- muscles become more relaxed, breathing changes, and the brain releases endorphins, which are the body's natural painkillers. Oh yeah.

MALLORI DESALLE: Having a sense of humor and being quick to laugh can have both psychological and physiological benefits. I mean, imagine how powerful it would be to include humor in your work with the youth, families and professionals you collaborate with in your community. Oh yeah.

LODGE MCCAMMON: So, we went through some of this empirical evidence. We like to start off with this, so we have a very strong why. Why are we doing this? Why is this helpful? What's the background? So, transitioning slightly, we're going to do a quick boundary statement and then talk about psychological safety briefly because, comedy and humor is especially interesting idea these days.

So, with that in mind, let's begin with a paradox, which is a situation that has contradictory features to it. So, humor and laughter are desperately needed today, for all the reasons we just explored, all the research there. Though, in conflict with that, humor and laughter are extremely risky today. And I think you know what I mean by that.



MALLORI DESALLE: I do. Therapeutic humor, though, isn't about us delivering a joke and telling you what is funny. If we do that, then we're likely to alienate a large percentage of any audience, especially these days. It's more about us inviting you to find your own funny. Evoking humor can safely help everyone access more joy in life.

LODGE MCCAMMON: So, a bit on psychological safety. We have done our best to design an open and positive learning environment for you today. Our goal is to create a safe and supportive space where everyone can make jokes and be creative at their own pace. We will not be making jokes that "other" or punch down. Instead, we will be exploring the warm, healing and absurd side of humor.

MALLORI DESALLE: We believe that it's important to uphold a learning culture that embraces error and experimentation without the fear of penalty and to establish psychological safety for all participants. Therapeutic humor can be a steppingstone towards creating psychological safety, and we look forward to modeling that through our collaboration and inclusion today.

LODGE MCCAMMON: Wonderful. So that's some housekeeping. Now, during this webinar, we are going to invite Kris-- hello again-- to be our volunteer so we can explore some humor exercises together. We will also be inviting you, everybody out there, to play along in the chat. So, everything we ask Kris to do, keep in mind that we're also asking you to do that. And add your ideas to the chat as we come in so we're going to do a lot of practicing-- a lot of back and forth, a lot of exploration, a lot of that evoking.

MALLORI DESALLE: Mm-hmm. We are going to do some warm-up activities, and then, engage in a series of therapeutic exercises. First, let's ask for permission. Kris, would it be OK if we begin?

KRIS GABRIELSEN: Yes.

LODGE MCCAMMON: Excellent. OK, let's start the humor games. So, we're going to kind of gamify this a bit. So, we call it the humor games. One of the things we call it is The Humor Games, to play off The Hunger Games, of course. And that "may the odds be ever in your favor," we changed that to "may the odd be ever in your flavor." So, some of this might seem a little odd. It's possible that we will be saying things and doing things, and people will be contributing, and you may not think what they come up with is funny. You may not think what I come up with is funny. That's OK.

It's about you finding your own funny and us providing you the platform and the exercises to make yourself laugh, to find more internal joy.

MALLORI DESALLE: Absolutely. So, the following humor exercise help us "praxi"-- easy for me to say-- help us practice generating absurdity in any



situation. Unexpected absurdity creates surprise that can spark laughter in ourselves and others.

LODGE MCCAMMON: Excellent. So, let's jump right in. So, Chris the first thing we want to ask you to do and everybody in the audience as well. So, we want you to fill in the blank with your funniest idea, here. So, while Kris is working on this, again, everybody-- please, people, feel free to fill in the blank and put your joke in the chat. And you're basically finishing this sentence. Don't be part of the problem, be-- and then, we're trying to get at absurdity here.

So, the first thing you want to do is think of what would be an expected response. Expected responses are not usually funny. And once you have an idea of an expected response, then ponder, what would be an absurd response? Something absurd is wildly unreasonable and it creates a caricature of reality. And unexpected absurdity-- a lot of times, that's the surprise that makes us and others laugh. So, we want to practice plugging in absurdity. So, Kris, what would be an expected response to this prompt?

KRIS GABRIELSEN: Expected would be, be the solution.

LODGE MCCAMMON: Sure. Don't be part of the problem. Be the solution. Exactly. So that's a great example of how expected responses are not funny. Now, we want to challenge you to come up with an unexpected, absurd response. So, we want to dismiss the expectation, the expected response, and come up with something wildly unreasonable that creates a caricature of reality. So, Kris, lay one on us.

KRIS GABRIELSEN: All right. So don't be part of the problem, be an ornery troublemaker.  
[LAUGHTER]

LODGE MCCAMMON: I like that because I feel like that's me.

MALLORI DESALLE: Yeah. You resemble that remark.

LODGE MCCAMMON: Yeah, sorry. Don't be part of the problem--

KRIS GABRIELSEN: I have to say, I am loving the responses of the chat, thought. They're fantastic.

LODGE MCCAMMON: Well, wonderful. Let's jump into the chat, and we'll take turns reading jokes from the audience until one makes us laugh. So, Kris, why don't you go first?

KRIS GABRIELSEN: All right. So don't be a part of the problem. Be a broccoli eater.  
[LAUGHTER]





LODGE MCCAMMON: That's healthy. That's good. Positive humor. All right. Mallori, what do you got?

MALLORI DESALLE: And I loved that one, so I'm glad you grabbed that one. Don't be part of the problem. Be a wave in the ocean.

LODGE MCCAMMON: Ah. Yes, I like it. I like it. It's very freeing.

MALLORI DESALLE: Smoothing.

LODGE MCCAMMON: It speaks to not trying to have that illusion of control. Don't be part of the problem. Just go with the flow--

MALLORI DESALLE: Feel the wave.

LODGE MCCAMMON: --man. I love it. Very good. All right. Let me do one. Don't be part of the problem. Be a turtle.

MALLORI DESALLE: [LAUGHS]

LODGE MCCAMMON: I like that. I like that one. I like that one. I'm going to try one more. You guys laugh at one. Hold on. Let's see. Don't be part of the problem. Be a cheese puff.

MALLORI DESALLE: I like that one, too.

KRIS GABRIELSEN: I like that one.  
[LAUGHTER]

MALLORI DESALLE: Oh my gosh. Be bubble wrap.

LODGE MCCAMMON: Super-duper excellent. Are we ready to move on? Excellent job in the chat. More of that. Keep it coming. We're going to get more practice as we go along. Excellent work. Thank you. All right, Mallori, are you ready for this one?

MALLORI DESALLE: Yes.

LODGE MCCAMMON: All right.

MALLORI DESALLE: All right. Kris, try this one. While Kris is working on this, please put your joke in the chat. Start with thinking about what would be the expected response, then twist it into the absurd. Kris, I want you to think about-- them, where did you learn to dance like that? Me, absurd. So, Kris, what would an expected response be?



KRIS GABRIELSEN: So, I would say and expect a response would be the McMinnville School of Dance.

MALLORI DESALLE: Absolutely. Not particularly funny. Is it accurate?

KRIS GABRIELSEN: Yeah.

MALLORI DESALLE: OK.

KRIS GABRIELSEN: Well, actually, no. It doesn't exist. But it could be, right?  
[LAUGHTER]

LODGE MCCAMMON: It could be. It could be.

MALLORI DESALLE: Funny. Accurate if it was real. Let's try what would be an absurd response.

KRIS GABRIELSEN: So, I learned a dance from Carlton Banks on reruns of the Fresh Prince of Bel-Air.

LODGE MCCAMMON: The Carlton?

MALLORI DESALLE: Yeah

LODGE MCCAMMON: (SINGING) It's not unusual to be loved by anyone.  
[HUMMING]

MALLORI DESALLE: All right. So put it all together for us, Kris. Perform the whole joke. Where did you learn to dance like that? I learned from Carlton Banks on reruns of The Fresh Prince of Bel-Air.

LODGE MCCAMMON: (SINGING) It's not unusual to be--

KRIS GABRIELSEN: And that's about how I dance, so that's really real.

MALLORI DESALLE: Accurate.

LODGE MCCAMMON: Let's jump into the chat and read some. So, the frame is-- them, where did you learn to dance like that? I'm going to go first here. Them, where did you learn to dance like that? Me, the subway.

MALLORI DESALLE: Kris, do you want to grab one?

KRIS GABRIELSEN: Sure. Them, where did you learn to dance like that? Me, Richard Simmons' Sweatin' with the Oldies.

[LAUGHTER]  
I like that one.





MALLORI DESALLE: Them, where did you learn to dance like that? Me, you can see me?

[LAUGHTER]

LODGE MCCAMMON: (FEIGNING SURPRISE) Ah. I'm going to do one more, if I can?

MALLORI DESALLE: Yeah, yeah.

LODGE MCCAMMON: Them, where did you learn to dance like that? Me, the army.

KRIS GABRIELSEN: [LAUGHS]

MALLORI DESALLE: Left, left. [GIGGLES]

LODGE MCCAMMON: Wonderful. Do you all want to do another one?

MALLORI DESALLE: I love it. I love it.

KRIS GABRIELSEN: I'll do one. Them, where did you learn to dance like that? Me, avoiding LEGOs on the floor.

LODGE MCCAMMON: That's a good one

KRIS GABRIELSEN: Every parent can identify with that.

MALLORI DESALLE: Oh, yes.

LODGE MCCAMMON: That's good. Mallori, you have one more?

MALLORI DESALLE: Let's see. Them, where did you learn to dance like that? Me, the '80s.

[LAUGHTER]

LODGE MCCAMMON: That's a really good one. I love it. I've got to write--

MALLORI DESALLE: Awesome.

LODGE MCCAMMON: --that one down. That was really good.

MALLORI DESALLE: Save it.

LODGE MCCAMMON: Excellent. Excellent. I think you're up next. [SIGHS] Sorry, I'm catching my breath here. All right.

MALLORI DESALLE: We know.



LODGE MCCAMMON: All right. Next, let's try another one. Now, these are called what we call absurdity training. It's basically just trying to manufacture and find and locate and practice absurdity in any situation. And once we develop this skill and develop the absurd lens, it helps us find a lot more humor in life very, very quickly. So, these skills are critical, important. And we're building them right now. So well done, everybody. Let's try this one. Kris, here we go.

It's not what you know. It's-- so what's the expected here? And then, we'll walk into the absurd.

KRIS GABRIELSEN: So, the expected will be, it's what you can prove.

LODGE MCCAMMON: OK. It's not what you know. It's what you can prove. A lawyer statement. And while Kris is coming up, go ahead and drop your-- in the audience, start writing your joke and drop it in the chat. And we'll read some of those in a moment. But yes. Kris, what would be absurd?

KRIS GABRIELSEN: All right. It's not what you know. It's how well you can fake it.

[LAUGHTER]

LODGE MCCAMMON: That's really good. And it's true. Just look at me right now.

MALLORI DESALLE: [LAUGHS]  
Oh, my goodness.

LODGE MCCAMMON: That's wonderful. All right. Kris, you want to jump into the chat?

KRIS GABRIELSEN: Yes. So, it's not what you know. It's how much you have forgotten.

MALLORI DESALLE: There you go.

LODGE MCCAMMON: That's good. That's good. Maybe slightly expected. Maybe? No, no. That's funny. That's funny.

MALLORI DESALLE: Yeah. OK, how about, it's not what you know. It's how you dance.

LODGE MCCAMMON: Oh, a callback.

MALLORI DESALLE: Callback.

LODGE MCCAMMON: Callback. Nice. OK, let me do one. Let's see. Oh, gosh. These are all good.



MALLORI DESALLE: So good.

LODGE MCCAMMON: Let's see. Sorry, can I do bathroom humor? No.

MALLORI DESALLE: No.

LODGE MCCAMMON: There's nothing wrong with bathroom humor. I'm just not going to read it. Oh, it's not what you know. It's [SIGHS] what you drink.

MALLORI DESALLE: [GIGGLES] And I like this one. It's not what you know. It's DiGiorno.

LODGE MCCAMMON: It's DiGiorno. It's not what you know, it's DiGiorno.

MALLORI DESALLE: It's DiGiorno.

LODGE MCCAMMON: That's a good one. I love it. That's very funny.

KRIS GABRIELSEN: All right. Here's a similar one. It's not what you know. It's me, Mario.

MALLORI DESALLE: (ITALIAN ACCENT) It's a me, Mario.

LODGE MCCAMMON: It's a me, Mario.

KRIS GABRIELSEN: I could not get the accent right at all.

LODGE MCCAMMON: Oh, Kris. Try it again with the accent. I want to hear you do the accent.

KRIS GABRIELSEN: Oh, I'm so bad at accents, though. OK. It's not what you know. It's a me, Mario. I can't do accents. There's no way. This is why my teenage boys laugh hysterically at me, right? I tried.

LODGE MCCAMMON: Doing an accent and doing it not the best it can be done is funny, itself. So--

MALLORI DESALLE: It's fantastic.

LODGE MCCAMMON: --thank you. That was wonderful.

MALLORI DESALLE: I love it.

LODGE MCCAMMON: Well, excellent. Let's push forward.

MALLORI DESALLE: OK, so we're going to make things a little more challenging. This next exercise is asking you to fill in multiple blanks.



LODGE MCCAMMON: Hold on. I'm sorry. One second.

MALLORI DESALLE: Ready?

LODGE MCCAMMON: I have to read this one. It's not what you know. It's what you read on Twitter.

MALLORI DESALLE: [LAUGHS]

KRIS GABRIELSEN: Very good.

MALLORI DESALLE: Nailed it. So, what, Elon Musk?

LODGE MCCAMMON: All right.

MALLORI DESALLE: Love it.

LODGE MCCAMMON: That's good. Nice job.

MALLORI DESALLE: Love it. OK. Well, now, we're ready for the multi-blank challenge. So expected, expected then absurd. In comedy, the rule of three is also called the comic triple. The third element of the triple is often used to create an element of surprise, and it's frequently the punchline of the joke. One of the ways to generate a surprise is to make sure that elements one and two are expected. Then, we break the expectation by making the third element absurd. So, here's the prompt.

There are three things I pride myself on. Expected, expected, absurd. OK. So, we're coming to you first, Kris. And I invite folks to start typing things into the chat box. What do you got--

LODGE MCCAMMON: So, when you type--

MALLORI DESALLE: --for us, Kris?

LODGE MCCAMMON: --in the chat box, just do the list of three.

MALLORI DESALLE: All three.

LODGE MCCAMMON: So, the expected, expected, absurd. And then, we'll read out some of those here, in a little bit.

MALLORI DESALLE: Yes.

KRIS GABRIELSEN: All right. So, the three things I pride myself on are my organizational skills, my ability to listen well and-- I didn't prepare this one, so I can't think about my absurd third one. You didn't have my name on this, to do this one. Can I phone in a friend or something?



MALLORI DESALLE: I love that that's your response, though. It's like, I'm organized, I prepare well, and I'm not prepared for all of this.  
[LAUGHTER]

KRIS GABRIELSEN: That's true.

LODGE MCCAMMON: Oh, that's good.

MALLORI DESALLE: Real good.

LODGE MCCAMMON: So that's what we call-- actually, that's a really good example-- a paradox joke. So, paradox is considered the highest form of comedy. And paradox, many times, sounds like hypocrisy or that we're undercutting ourselves. It's also a key feature in self-deprecation and self-deprecating humor. I would say, I am organized, I'm professional and I keep forgetting everything.

So that's in congruence. Those things don't fit together. So, what was your third, again? What would we say?

KRIS GABRIELSEN: And I completely did not prepare to answer this question.  
[LAUGHTER]

LODGE MCCAMMON: Part of me wants it to be like, and I refuse to answer this. But yeah, yeah. And I totally didn't prepare for this. I love it.

MALLORI DESALLE: Oh, my goodness.

LODGE MCCAMMON: It's excellent.

MALLORI DESALLE: I love that. Let's go look at the chat to see what we're finding in there. Lodge, do you have one that's--

LODGE MCCAMMON: There's so many.

MALLORI DESALLE: --making you giggle? So many. Oh, I got one.

LODGE MCCAMMON: I have to regulate-- OK, go ahead.

MALLORI DESALLE: I got to look at this one. There are three things I pride myself on-- kindness, tenacity and-- oh, who cares?  
[LAUGHTER]

KRIS GABRIELSEN: That's good.

MALLORI DESALLE: Oh, I give up.



LODGE MCCAMMON: See, these are great paradoxes. Kris, do you have one?

KRIS GABRIELSEN: Yes. There are three things I pride myself on-- sharing, caring, and impending world dominance.  
[LAUGHTER]

MALLORI DESALLE: Fantastic.

LODGE MCCAMMON: Here's one from Rob. This is great. There are three things I pride myself on-- my spelling, my attention to detail and not making "mit-sakes."  
[LAUGHTER]

KRIS GABRIELSEN: Good.

MALLORI DESALLE: Oh, my goodness. Oh my gosh. Oh.

LODGE MCCAMMON: Oh, let's do another one. There's so many. Let's do another one.

MALLORI DESALLE: OK. How about this one? There are three things I pride myself on-- eating healthy, working out and being able to down a chocolate milkshake in 20 seconds.  
[LAUGHTER]

LODGE MCCAMMON: Nice.

MALLORI DESALLE: Sydney, I'm with you. Let's go to lunch after this.

KRIS GABRIELSEN: All right. I've got one. There are three things I pride myself on-- my job, my family and making sure my toilet paper is placed correctly on the roller.

LODGE MCCAMMON: Is it over or under?

MALLORI DESALLE: Over--

KRIS GABRIELSEN: Oh, it's definitely over.

MALLORI DESALLE: --better than under.

KRIS GABRIELSEN: No, no. Over. [LAUGHS]

MALLORI DESALLE: We started it off with Hawaiian pizza that divides the country. Over versus under that divided us.





KRIS GABRIELSEN: We're just looking. We're just creating divisions everywhere we turn.

LODGE MCCAMMON: Hey, humor is tricky these days. It's tricky these days. You can't even make a joke about toilet paper anymore.  
[LAUGHTER]

That's not true. OK. I want to do this one. So, Tracey, I think I'm going to modify the first word, I think. So, there are three things I pride myself on-- being on time, kindness and believing pepperoni is a vegetable.  
[LAUGHTER]

KRIS GABRIELSEN: I like it.

LODGE MCCAMMON: I like it.

MALLORI DESALLE: Oh my gosh. Well, I'm going to do this last one. And then, I think we might be ready to go on. There are three things I pride myself on, which are my musical skills, my high-earning job and my ability to lie.

KRIS GABRIELSEN: Oh, good. That was good.

LODGE MCCAMMON: Paradox. That's a really great paradox joke, yeah. So, when we're confronted with others expressing internal conflicts-- which are paradoxes, hypocrisy, ambivalences, double binds-- anything that's an internal conflict. That's the bind that holds all of us together. All of us are confronted by endless internal conflicts. You go, I love my girlfriend.  
[GROANS] Those types of things. I love having cats, but there's hair everywhere.

So, we're constantly confronted. And when we see somebody else walk through an internal conflict or express it, we're very quick to laugh at that. That seems very freeing and therapeutic. So that's one of the reasons why those paradox jokes are so powerful. Well done. All right. Are we ready to move on?

MALLORI DESALLE: Yeah. Yeah, let's do it.

LODGE MCCAMMON: Excellent. So, is it my turn?

MALLORI DESALLE: Your turn.

LODGE MCCAMMON: OK. Kris let's try this. It's a little bit different prompt. I don't know how many food items, plural, it will take to be happy today. But so far, it's more than an absurd number-- an unreasonable, ridiculous number. So, Kris, what would you say there? We don't have to do the expected practice, unless you would like to. We can just jump right into the absurd. And



while Kris is working on this, put your ideas in the chat. And we will read those momentarily.

KRIS GABRIELSEN: All right. I don't know how many leftover Halloween candy bars it will take to be happy today. But so far, it's more than 32 and a half.

LODGE MCCAMMON: These are the mini ones?

KRIS GABRIELSEN: Well--

LODGE MCCAMMON: That's still a lot.

KRIS GABRIELSEN: --it's a combination.

MALLORI DESALLE: Oh, my goodness. I feel like I got to go to the chat box already because--

LODGE MCCAMMON: Wait. Let me make a note real fast.

MALLORI DESALLE: Go ahead.

LODGE MCCAMMON: One of the really cool things Kris just demonstrated was the importance of specificity when we are telling jokes, when we're finding humor. Generally, the more specific, the funnier-- especially if we're playing with absurdity. So, Kris could have said-- wait, what was your number again? 30?

KRIS GABRIELSEN: 32 and a half.

LODGE MCCAMMON: 32 and a half. So, Kris could have said 32. And that's less funny than 32 and a half because, then-- now, we get to play with this concept of, oh, half a candy bar. OK, that's funny. that's funnier than just a round number of 32. So, keep that in mind as we start responding to more of these exercises-- the more absurdly specific. And it could be argued that 32.73 candy bars might even be funnier because now, we're like, who's measuring 0.73 of a candy bar? That's crazy! So, keep that in mind as we move forward.

Anyways, yes, jump in the chat.

MALLORI DESALLE: Well, Holly is already jumping into this concept because she said, I don't know how many milk chocolate salted caramels it will take to be happy today. But so far, it's more than 1,475.3.  
[LAUGHTER]

LODGE MCCAMMON: Yeah. That's--

MALLORI DESALLE: 0.3.



LODGE MCCAMMON: You're going to turn into one of those.

MALLORI DESALLE: Yeah. Well, I like it. I like them a lot. I'm with you, Holly.

LODGE MCCAMMON: All right. Kris, do you have one?

KRIS GABRIELSEN: I do. I don't know how many hot dogs it will take to be happy today. But so far, it's more than 20 without the bun.

LODGE MCCAMMON: In parentheses, uncooked. [GROANS IN DISGUST]

KRIS GABRIELSEN: Oh, no.

MALLORI DESALLE: No. No, too far. Too far.

LODGE MCCAMMON: That's the worst. Too far. OK. Let me do one here. I like this one because it's really simple. I don't know how many chips it will take to be happy today. But so far, it's more than one.

MALLORI DESALLE: [GIGGLES]

KRIS GABRIELSEN: I like it. I like it.

LODGE MCCAMMON: I like it.

MALLORI DESALLE: I think that's true. Oh, my goodness.

LODGE MCCAMMON: Oh. OK, do another one, Mallori.

MALLORI DESALLE: OK. I don't know how many Italian sub sandwiches it will take to be happy today. But so far, it's more than 95 feet. [LAUGHS]  
Italian sub. That sounds really good.

LODGE MCCAMMON: That's a lot of meatballs.

MALLORI DESALLE: It's a me?

LODGE MCCAMMON: That's good.

MALLORI DESALLE: Oh my gosh.

KRIS GABRIELSEN: All right. I have one if you want me to read one more.

MALLORI DESALLE: Go for it.

LODGE MCCAMMON: Please.



KRIS GABRIELSEN: OK. I don't know how many carrot sticks it will take to be happy today. But so far, it's more than-- wait, did I say carrot sticks?  
[LAUGHTER]

That's a good one.

LODGE MCCAMMON: That's an excellent one. I got to write that down.

MALLORI DESALLE: That is so good. Thank you [LAUGHS] for that one. Oh, my goodness.

LODGE MCCAMMON: Who did that one?

MALLORI DESALLE: That was Chris Wardlow.

BOTH: Wow.

LODGE MCCAMMON: Excellent. Excellent. Can I close it out on this one?

MALLORI DESALLE: Yeah.

KRIS GABRIELSEN: Sure.

MALLORI DESALLE: Please do.

LODGE MCCAMMON: So, I think, maybe, this is a Halloween reference? Maybe? I don't know, but I like this. So, I don't know how many brains it will take to be happy today. But so far, it's more than I can find around here. I think it's a zombie joke. It's a lonely zombie out in the wilderness. There's nobody around, nobody to bite. Oh, that's sad. Sad zombie.

MALLORI DESALLE: [SIGHS] Well, I am loving all of this. So, I'm curious. Kris, what do you think you might say if we asked you how you could use some of these exercises within the field of prevention-- in the work that you do? What do you think?

KRIS GABRIELSEN: I think some of these activities would be great to do as icebreakers-- such as trying to get people to know each other or just as people are coming in and trying to gather. Those kinds of things. But also, it could be a good break. So, if you're having an intense planning meeting where things have gotten pretty intense, but just to be able to take a breath and to-- yeah. Like you said, going back to those beginning stats-- breathing more, getting that laughter, getting the endorphins going through your body-- all of that, I think, would be really good.

MALLORI DESALLE: Yeah, I agree. Go ahead.

LODGE MCCAMMON: Yeah, totally. Let me ask you a little bit. What if I was to say, well, I hear what you're saying. Those are good ideas. So, as



icebreakers or as breaks during meetings, integrate this within the community in professional settings. What would you say if I said, well, that's not professional or I don't think that people would respond or a nay-say, like, [GROANS] I'm not sure I buy into this? How would you respond to me if I said that?

KRIS GABRIELSEN: For me, my experience is the more fun you can have in meetings-- especially committee meetings. I've been on many committees, both within prevention, as well as outside of prevention. The groups that have the most fun together produce the most. That's been my experience. Also, people are willing to come back, especially if it's a volunteer committee meeting. If you go and you can have a lot of fun at a meeting while still accomplishing a lot, that's the meeting I'm going to go back to. The ones where you're just sitting and being serious and it's a drudgery to get through, the likelihood-- especially if it's a volunteer-- that I'm going to say, oh, yeah, I can't wait to get back to that meeting, it's very unlikely.

MALLORI DESALLE: That's it.

LODGE MCCAMMON: Interesting.

MALLORI DESALLE: I love that because what you're talking about is when you're building your coalition. And when you're setting up your meetings-- what if you have a data meeting? You're just working on the assessment part of SPF. People don't want to come because they think it'll be boring. But what if your meetings always have some humor? You're going to get people to arrive and be fully invested because they know even things like looking at the epidemiological report is going to be fun. Oh yeah.

LODGE MCCAMMON: [LAUGHS] Oh yeah.

KRIS GABRIELSEN: Mindy just put it in the chat. She said that she presents data and she said, I have to use humor. Before I even begin, most are dreading it. So, humor helps show that the data isn't scary, which is great. Isn't that great?

MALLORI DESALLE: That's it. That's it, right there. It makes it more approachable. It makes people feel safer about it. So even that psychological safety when it comes to where we are at in the strategic process? Where are we at with building capacity? How many risk factors does it take for us to feel satisfied today? I don't know, but more than 17. I don't know, but oh yeah. It's something to think about. I appreciate you bringing that up.

LODGE MCCAMMON: Wonderful. So, it seems like icebreakers, breaks-- people that have more fun in communities tend to be more productive. I love that concept, that humor could be a nice hook for getting people to come back, to engage, to be excited about the experience. It could be an add-on,



for sure. And then, it reduces some scary or more stressful situations, that it could be a nice balancing.

So, if we're talking about data, let me do some humor ahead of time to get you leveled out so you're more open to more challenging conversations or information coming at you.

MALLORI DESALLE: Yeah. Well, and--

KRIS GABRIELSEN: I-- oh. Go ahead, Mallori.

MALLORI DESALLE: Well, I was going to say, in the chat box, Chris Wardlow brought something up. Was that what you were going to tag on?

KRIS GABRIELSEN: Yeah. Yes.

MALLORI DESALLE: Go for it. Go for it, yeah.

KRIS GABRIELSEN: Well, I think it's a great point, that we're thinking about, as professionals, how we're going to use it in our work that way. But also, Chris pointed out humor is a skill that can be learned to strengthen resilience and can be a protective factor for young people and young adults. I love that.

MALLORI DESALLE: Right. And if we're looking at the evidence-based protective factor of bonding with one's community for youth, what's a great way to bond but through humor? And humor actually helps release oxytocin. Laughing helps create connection and build trust. So, laughing even while you're delivering a strategy can be a helpful way to help create those protective factors.

KRIS GABRIELSEN: Mm-hmm.

MALLORI DESALLE: We're already en fuego right here, Kris.

KRIS GABRIELSEN: Right. And I think it's important, also, to point out that-- I'll just say when Lodge and Mallori asked me to help out with this, [LAUGHS] I was completely terrified. I was like, ah, no. You need somebody else. I'm not a funny person. But I think your point, that it's-- we want to have fun. It's not to crack jokes. Because I will never be the person who can crack jokes. I never remember the punch line. I'll remember the setup, and then I forget the punchline. But I think--

LODGE MCCAMMON: That is the punchline.

KRIS GABRIELSEN: Right, right. The key is to have fun and to create that levity. And so, I would just say, for those of you who are like me-- that feel like you aren't necessarily a funny or humorous person-- I think having fun is the key.





MALLORI DESALLE: And that is a beautiful transition because what we have just spent our time doing was practicing absurdity, which is focused on teaching our bodies, our minds and each other to have a little fun. And we're going to integrate those skills into the next activities in a few minutes. We're going to move on, though, to round two, where the following therapeutic humor exercises help us, practice reframing the struggles in our lives. Because we know if we're able to quickly find the funny in difficult situations, it can help us to cope.

LODGE MCCAMMON: Yeah. We call these exercises therapeutic because each activity that we're about to do invites us to take a short vacation into the absurd, outside of reality. Reality can be very challenging and painful. But there's another reality over here called absurdity. And we can take a short vacation into the absurd to be playful, to have fun, to reduce stress, to extract more joy out of life. And it can help us access more laughter and release the tension of challenging feelings that are very common in the real world. So, humor that helps us manage our stress and emotions is beyond fun. It can still be fun. And, hopefully, it will be, here in the next handful of minutes. But it's also therapeutic.

MALLORI DESALLE: Kris, we're going to invite you and the audience-- we're not leaving you out, friends. We're going to invite you to practice applying therapeutic humor with your own small annoyances or challenges. These exercises could be helpful for anyone to use at any time to reframe any frustration. Let's try this one. The prompt is--

LODGE MCCAMMON: Let me jump in real quick.

MALLORI DESALLE: OK, go.

LODGE MCCAMMON: In terms of our psychological safety, this is a public forum. Please don't share-- you're the best decider of what you're comfortable sharing. There might be some things that you would be comfortable sharing in this group, and maybe there are not some things you're comfortable sharing. I can certainly think of things for myself. Please, only share what you're very comfortable sharing. You can always apply these skills in other places, outside of this particular public forum. So, I just wanted to make a note of that.

MALLORI DESALLE: It's a great point. Thanks for reminding us of that. This is the first prompt. The prompt is, I am now-- and then, Kris, you're going to insert a complaint about a physical or mental difficulty that you experience-- and then years old.

LODGE MCCAMMON: So, Mallori, why don't you go first? We're going to be vulnerable, too, just so we continue to model this. So, Mallori will go first. I'll share one. And then, we'll have Kris share. And while we're doing this, make sure to drop yours in the chat because we'll go in and read some of those.



MALLORI DESALLE: Absolutely. So, this was one I thought of earlier today. I am now must reset my Amazon password every time I log in years old.  
[LAUGHTER]

LODGE MCCAMMON: And I am now can't get off the couch without going  
[GROANS] years old.  
KRIS GABRIELSEN: And I am now--

MALLORI DESALLE: How about yours, Kris?

KRIS GABRIELSEN: --creaky when I wake up years old.  
[LAUGHTER]  
[GROANING]  
Oh. How did that happen?

MALLORI DESALLE: Let's look at the--

LODGE MCCAMMON: So, the idea is that there are constantly things that we have complaints about, things we notice in our lives. And we can either allow those to sit with us and build up stress, or we can figure out ways of finding the humor in it, creating humor, and giving ourselves a little vacation into that absurd to say, reality is painful. [GROANS] It's creaky when I wake up. But you know what? [CHUCKLES] Just in this framework, it's actually pretty funny. If I visit the absurd world, I can find some humor in that. And then, I can come back to reality and get on with my day.  
Cool.

MALLORI DESALLE: Beautiful. So, let's go to the chat box and check some of these out.

LODGE MCCAMMON: [CHUCKLES]

MALLORI DESALLE: We're already laughing. Well, actually got one right away?

LODGE MCCAMMON: Yeah. It's from your mom.

MALLORI DESALLE: Oh. Well, she's allowed.

LODGE MCCAMMON: It says, I am now not funny years old.

MALLORI DESALLE: [LAUGHS]  
Never!

KRIS GABRIELSEN: I have one. I am now forgot why I jumped up and hurried to the other room years old.  
[LAUGHTER]



MALLORI DESALLE: Oh my gosh. I am now. Was that on a post? I forget years old.

LODGE MCCAMMON: Oh, here's one. I think I'm going to read this right. I am now having to ask what year it is to know how old I am years old.

KRIS GABRIELSEN: Oh, yeah.

LODGE MCCAMMON: Wait. What year is it again? It's what, 2-- 20--

KRIS GABRIELSEN: Subtraction. Carry the one. No. Oh wait, that's adding.

MALLORI DESALLE: Do you have another one, Kris?

KRIS GABRIELSEN: Let's see. I hadn't found one yet. Go ahead.

MALLORI DESALLE: OK. I have I am now I have food at home years old.

LODGE MCCAMMON: Right. I don't go out anymore. I have food--

MALLORI DESALLE: I have food at home.

LODGE MCCAMMON: --at home years old.

KRIS GABRIELSEN: OK. I have I am now using a pill box years old.

LODGE MCCAMMON: Mm-hmm. Use a pill box. Here, I got one. This is good. Sandy, well done. I am now can't find the phone in my hand years old.

KRIS GABRIELSEN: [LAUGHS] Oh, I did that just recently.

KRIS GABRIELSEN: Me, too. Where is my phone? Do you have it?

LODGE MCCAMMON: Ah, wonderful.

MALLORI DESALLE: All interesting.

LODGE MCCAMMON: We ready to move on?

MALLORI DESALLE: Yes.

LODGE MCCAMMON: Oh, that was a really good one. Everybody's doing such a great job. And, Kris, you are doing a great job.

MALLORI DESALLE: Absolutely. So next time, when you feel like complaining about a difficulty, use this exercise and turn it into a joke.

LODGE MCCAMMON: Indeed.



MALLORI DESALLE: What's the next one?

LODGE MCCAMMON: All right. So, Kris, here is one of my favorites. [CHUCKLES] I don't know. So, for sale. And then, you're going to think of something bothersome. It could be around the house. It could be whatever. Serious inquiries only. So, it's like a thing you'd put on Craigslist or on Facebook to sell something. But we want to think of something absurdly bothersome. So, I might say, for sale-- a couch shredded by cats. Serious inquiries only.  
All right, Mallori.

MALLORI DESALLE: I might say--

LODGE MCCAMMON: What do you got?

MALLORI DESALLE: --for sale-- six crusty bowls found in my daughter's bedroom. Serious inquiries only.

KRIS GABRIELSEN: [CHUCKLES]

LODGE MCCAMMON: [GROANS]

KRIS GABRIELSEN: Are you ready for mine?

LODGE MCCAMMON: Yeah.

MALLORI DESALLE: Yes, we're ready.

KRIS GABRIELSEN: All right. For sale-- the ghost of my vengeful mother-in-law. Serious inquiries only.

MALLORI DESALLE: [LAUGHS]

LODGE MCCAMMON: We talked about dark humor earlier.

KRIS GABRIELSEN: We just crossed a line?

LODGE MCCAMMON: No. No. It's your line to cross. We'll laugh at anything. Wait. You said the ghost of my vengeful mother-in-law?

KRIS GABRIELSEN: Yes.

LODGE MCCAMMON: I'm going to get you a T-shirt that says that. Let's jump into the chat. There's lots of good stuff.

MALLORI DESALLE: I like this one. For sale-- 100 matchless socks. Serious inquiries only.



LODGE MCCAMMON: Just a pile of them.

KRIS GABRIELSEN: I like this one. For sale-- alarm that goes off at 5:00 Am, seven days a week.

LODGE AND KRIS: Serious inquiries only.

MALLORI DESALLE: Oh yeah.

LODGE MCCAMMON: Here's one. For sale-- my broke teenager. Serious inquiries only.

MALLORI DESALLE: [CHUCKLES] Buy one, take mine free.

LODGE MCCAMMON: Oh, I got one. All right. Do another one.

MALLORI DESALLE: Oh, my goodness.

LODGE MCCAMMON: So many good ones. For sale-- a box of half-eaten chocolates that are not good. Serious inquiries only.  
[LAUGHTER]

KRIS GABRIELSEN: I like that.

LODGE MCCAMMON: All right. Kris, you got another one?

KRIS GABRIELSEN: Oh, there are so many that are good. I keep looking through. Go ahead, if you have one.

LODGE MCCAMMON: I'll do one just because I'm, apparently, eight years old. For sale-- used toilet seat. Serious inquiries only.

MALLORI DESALLE: [LAUGHS] I saw it. I saw it. I left it for you.

KRIS GABRIELSEN: For sale-- the last moldy navel orange in the bag. seriously inquiries only.

MALLORI DESALLE: Oh my gosh, yes.

LODGE MCCAMMON: Excellent. I'm going to start crying if we keep going on this. So, are we ready for the next one?

MALLORI DESALLE: Yes. Yes. Oh, goodness. So, the next time you feel confronted by something that's bothering you, you use this, again, to turn it into a joke. But let's try this next one. How about, not to brag or anything, [CLEARS THROAT] but I can-- and then insert something absurd that bothers me about me-- better than anyone you have ever met. All right. Lodge, what



you got for us? And, friends, keep putting that in the chat box. Keep putting your joke in there. Not to brag or anything. What you got?

LODGE MCCAMMON: Not to brag or anything, but [CLEARS THROAT] I can stress about stress when there's nothing to stress about better than anyone you've ever met.

MALLORI DESALLE: [LAUGHS]

KRIS GABRIELSEN: That's good.

MALLORI DESALLE: That's good. That's good.

LODGE MCCAMMON: That's good. That's good, yeah.

MALLORI DESALLE: Oh, that's real good.

LODGE MCCAMMON: All right, Mallori. What do you got?

MALLORI DESALLE: Not to brag or anything, but I can leave crumbs behind anywhere better than anyone you have ever met.

LODGE MCCAMMON: Crumbs.

MALLORI DESALLE: Mm-hmm. Nice to eat them.

LODGE MCCAMMON: All right, Kris. Kris, take us there.

KRIS GABRIELSEN: All right. Not to brag or anything, but I can micromanage you better than anyone you've ever met.  
[LAUGHTER]

MALLORI DESALLE: I am not going to check with your colleagues on this one.

KRIS GABRIELSEN: Rebecca, feel free to jump in.

MALLORI DESALLE: Oh, no.

LODGE MCCAMMON: Oh, no.

MALLORI DESALLE: Oh, no--

LODGE MCCAMMON: Oh, no, Kris. You would never.  
--no, no. Nope.

MALLORI DESALLE: Let's go to the chat box. I think we have some great ones in here. Oh, my goodness.





LODGE MCCAMMON: Who wants to go first?

MALLORI DESALLE: OK, I got one. I got one. Not to brag or anything, but I bring donuts to work when everyone is starting the new year diet better than anyone you've ever met.

[LAUGHTER]

KRIS GABRIELSEN: That was good.

MALLORI DESALLE: I love it.

LODGE MCCAMMON: All right. Kris, you got one?

KRIS GABRIELSEN: I like this one. Not to brag or anything, but I can trip over air better than anyone you've ever met.

[LAUGHTER]

LODGE MCCAMMON: Oh, I like this one because of the specificity. Not to brag or anything, but I can hit my elbow on that same corner constantly better than anyone you've ever met.

KRIS GABRIELSEN: That's good.

MALLORI DESALLE: [LAUGHS] Oh my goodness. Yes. I love all of these. Oh, my goodness.

LODGE MCCAMMON: There's so many good ones.

MALLORI DESALLE: These are all--

KRIS GABRIELSEN: They are.

MALLORI DESALLE: --so good.

KRIS GABRIELSEN: I hope everybody's reading through the chat because these are just fantastic.

MALLORI DESALLE: Do you have one more, Kris, you want to do?

KRIS GABRIELSEN: [CHUCKLES] I have the not to brag or anything, but I cannot finish today's New York Times crossword better than anyone I've ever met.

MALLORI DESALLE: [CHUCKLES]

KRIS GABRIELSEN: That would be me.



MALLORI DESALLE: Yes. Oh, I got this one.

LODGE MCCAMMON: I'm getting sweaty.

MALLORI DESALLE: Not to brag or anything, but I can set off a smoke alarm making pizza rolls better than anyone you've ever met.

KRIS GABRIELSEN: Oh. Do you mind if I jump back in?

LODGE MCCAMMON: No, go ahead.

MALLORI DESALLE: Go for it.

KRIS GABRIELSEN: OK. I like this. Not to brag or anything, but I can take screenshots of presentations that I never look at again-- present one not included-- better than anyone you've ever met. I can't tell you how many times I've done that.

MALLORI DESALLE: That is so right. That is so right. Oh my gosh.

LODGE MCCAMMON: Can I do one more?

MALLORI DESALLE: One more, then let's go to the next one. Yeah.

LODGE MCCAMMON: This is good-- multiple layered. So not to brag or anything, but I can kill an artificial plant better than anyone you've ever met.

KRIS GABRIELSEN: Oh, nice.

MALLORI DESALLE: Like they see me.

LODGE MCCAMMON: I assume that you actually kill plants. But I love the absurd twist of making it into artificial plants. That's very smart, comedic writing. Well done.

MALLORI DESALLE: I resemble that, yes.

KRIS GABRIELSEN: I like-- Noreen says, that sounds like a challenge. OK, challenge accepted.

MALLORI DESALLE: Challenge accepted. The next time you feel frustrated with yourself, use this exercise to turn it into a joke. Yeah. Here we go.

LODGE MCCAMMON: Literally works with everything. All right. So here we go. This is a great one. I can't wait to see what you all come up with because now, we're really moving. So here we go. Sometimes, I just want someone to hold me and say something you really need to hear right now because then, I'll whisper-- absurd. So, there's the two blanks here. So, Mallori, what would you say on this one?



MALLORI DESALLE: Sometimes, I just want someone to hold me and say, Mallori, you're perfect. Don't change a thing. Because then, I'll whisper, don't tell me what to do.

LODGE MCCAMMON: That's not much of a whisper, but I hear what you're saying. OK, I'm going to do one. Sometimes, I just want someone to hold me and say, everything is going to be OK because then, I'll whisper, (WHISPERS) you're cutting off my circulation.

KRIS GABRIELSEN: [CHUCKLES]

LODGE MCCAMMON: OK. Kris, take us home.

KRIS GABRIELSEN: I have a similar thing. Sometimes, I just want someone to hold me and say, everything will be OK because then, I'll whisper (WHISPERS) the cat threw up again.

LODGE MCCAMMON: Well, [MIMICS MEOWING]

MALLORI DESALLE: That felt very close to home for Lodge.

KRIS GABRIELSEN: That is my life.

LODGE MCCAMMON: Kris. Kris, do you need any couches?

KRIS GABRIELSEN: No, not for you.

LODGE MCCAMMON: Not from you.

MALLORI DESALLE: Serious inquiries only.

LODGE MCCAMMON: All right, let's jump into the chat. Kris, why don't you kick us off here?

KRIS GABRIELSEN: Oh. Sorry, I haven't been looking. I don't have one of either one yet.

LODGE MCCAMMON: That's OK. Oh, Mallori. Do you got one?

MALLORI DESALLE: Let's see. Sometimes, I just want someone to hold me and say, don't stress about what you cannot change because then, I'll whisper, that's not what Doctor Strange told me.  
[LAUGHTER]

KRIS GABRIELSEN: That's good.



LODGE MCCAMMON: Here we go. Sometimes, I just want someone to hold me and say, you can have all the cookies because then, I'll whisper, (WHISPERS) I already did.

KRIS GABRIELSEN: OK. I've got one. Sometimes, I just want someone to hold me and say, there's toilet paper coming out of the back of your pants because then, I'll whisper, I know. It's for later.

LODGE MCCAMMON: Oh gosh.

MALLORI DESALLE: Oh, my goodness.

LODGE MCCAMMON: Oh, let me--

MALLORI DESALLE: You got one?

LODGE MCCAMMON: Can I do one more?

MALLORI DESALLE: One more. Wow.

LODGE MCCAMMON: Let's see. Man, I am--

MALLORI DESALLE: I know--

LODGE MCCAMMON: [SIGHS]

MALLORI DESALLE: --how that blood gets pumping when you're laughing, yes.

LODGE MCCAMMON: You know the-- yeah. [SIGHS] Sometimes, I just want someone to hold me and say, I love you because then I'll whisper, I know. It's from Star Wars.

MALLORI DESALLE: How about this one? Sometimes, I just want someone to hold me and say, stop eating all the candy off the office bowl because then, I'll whisper, (WHISPERS) get better candy.

LODGE MCCAMMON: You said get better candy?

MALLORI DESALLE: Yes.  
[LAUGHTER]

Oh my gosh. Oh.

LODGE MCCAMMON: Kris. Kris, you got one more?

KRIS GABRIELSEN: I thought we were moving on, so I stopped.

LODGE MCCAMMON: Well, we'll move on.



MALLORI DESALLE: Sorry, these are so good.

LODGE MCCAMMON: These are so good. I could literally do this all day. I'm like Captain America. All right. Sorry. Eh.

MALLORI DESALLE: Well, the next time you don't feel completely seen or heard, you can use this exercise to turn it into a joke. Our last therapeutic humor exercise is a bit more challenging. Sometimes, when stuff happens and it's hard to access that positive perspective, we can get caught in a downward emotional spiral. Positive humor can actually help us cope with challenges and negativity by reframing our perspective. One way to do this is to collaborate to come up with a comedic silver lining for any issue.

LODGE MCCAMMON: And here's how. And we've spent the past almost-hour building the skills that we need to do this very challenging activity. And we're going to see what happens here. So, Kris, we are going to ask you to write down or share a one-line complaint. Then, we are all going to ponder a comedic silver lining, which is an absurd sign of hope or an absurdly positive aspect or in your otherwise challenging or negative situation.

MALLORI DESALLE: All right. Kris and audience, here are a few examples to get your absurd juices flowing.

LODGE MCCAMMON: OK, let's take a look at something.

MALLORI DESALLE: I had COVID, and it was really difficult. At least I don't have to wash my hands anymore. [GIGGLES]

LODGE MCCAMMON: So, having COVID, it builds a lot of tension. And if we can take a little vacation into the absurd, sometimes that can alleviate some of that tension. And when we're talking about it from a specific comedy or humor writing standpoint, humor is made up of two parts. It's made up of a setup, which is also called the premise, and a punchline, which is the twist.

The premise is not funny but sets up an expectation. The twist is an absurd, surprising conclusion that breaks the expectation created in the setup. And we tend to laugh, as we've experienced a lot, so far, in the past hour. When we break that expectation, we tend to laugh because it surprises us. It's a left turn. Oh, that's funny. That's funny. Especially if it's absurd. Then, it's very funny.

In this delightful-- I don't know if it's delightful. In this creepy and weird meme-- let's say it that way-- the setup is, I had COVID, and it was really difficult. That creates a lot of tension. Even saying that creates tension. And the punchline is, at least I don't have to wash my hands anymore. So that releases some of the tension. And that's therapeutic humor.



MALLORI DESALLE: Let's try this one. Someone stole my bike. Eh, I was looking for a reason to stop exercising anyway.

LODGE MCCAMMON: Yeah. So, somebody stealing your bike can create a lot of tension. It does for me. I don't like that. But if I can find a comedic silver lining, I can laugh it off a little bit. I really don't have much control over getting COVID. I don't have much control over someone stealing my bike. But I do have control over what I choose to do when these stressors happen. And taking a little vacation into the absurd and laughing a little bit and diffusing a little bit of that tension-- it doesn't make it go away. It just makes life a little bit easier.

And sometimes, 3% easier is the world of difference. It can help us get back to that reality where we can continue to move forward. And then, let's take a look at one more. Here is one that was actually created by one of our participants from last month, and this was one of my favorite ones. It's pretty vulnerable, and it's lovely. So, I don't like that I need a CPAP to sleep-- and it's that mask thing for the breathing. But at least it helps me breathe easily when I'm hiding under the blankets from monsters.

MALLORI DESALLE: I like that one.

LODGE MCCAMMON: I love that one. That gave me a good laugh. I feel like I'm a little bit laughed out at this point, but--

MALLORI DESALLE: Oh my gosh. Never.

LODGE MCCAMMON: --I'm doing my best.

MALLORI DESALLE: Well, let's see.

LODGE MCCAMMON: I'll bring it back.

MALLORI DESALLE: Kris, what is a one-line complaint that you would like to work on? Let's start with that.

KRIS GABRIELSEN: The seats on airplanes are so small.

MALLORI DESALLE: I like this complaint. What might be a comedic silver lining, "audiess"-- audience. New words today. Audience, while Kris is thinking it through, go ahead and put, in the chat box, your comedic silver lining based on her complaint and drop your punchline into the chat. So, the complaint frustration is the seats on airlines are so small.

LODGE MCCAMMON: Airlines or airplanes?

MALLORI DESALLE: Airplanes?



KRIS GABRIELEN: Airplanes.

MALLORI DESALLE: Airplanes. My bad. The seats on airplanes are so small. What is your punchline, Kris?

KRIS GABRIELEN: Remember, this is the one I couldn't come up with. This was too hard for me.

MALLORI DESALLE: Well, perfect.

KRIS GABRIELEN: Yeah, I love this is that other people are going to be able to add in.

MALLORI DESALLE: So why don't we go to the chat box?

LODGE MCCAMMON: Tell us your--

MALLORI DESALLE: Oh, sorry.

LODGE MCCAMMON: Well, let's not do that yet. So, Kris, tell us about your experience a little bit. So, you saw this exercise. Just walk us through what you did, what you took a look at and where you might have had a stumbling point.

KRIS GABRIELEN: Yeah. So, for me, it was-- yeah, wasn't that I didn't give it the time to think of it. I just couldn't come up with a funny twist to it. I could come up with a true silver lining. But then, I would try to flip it. And I was like, well, that just doesn't seem funny. And so, for some reason, I couldn't get my brain to do that switch to the absurd. I guess I just had problems doing that. So, I'm not sure why.

LODGE MCCAMMON: Well, there's a few reasons. One of them-- probably, the main one-- in this therapeutic work is that, many times, when we're confronted-- and I'm not sure how much of a stressor the airplane seats are for you. But sometimes, when we are dealing with a present, immediate stressor-- something that we don't have a lot of distance from; something that hurts-- it is very difficult to engage in comedy or in humor or in therapeutic humor.

We don't have the space in order to have some distance to look at it and say, you know what? I am going to try to find something funny about this. It's just too painful right now. It needs a little bit more distance and space. And so, I'm going to I'm going to assume that's, maybe, part of this. And it's a great opportunity, though, when we notice that in ourselves. I'm having a hard time coming up with a punchline. That's why it's so wonderful to have an amazing community where I can say, hey, community of people that I love and respect. We're all trained to do this. I'm a little too close to this issue right now, but I





could sure use a little laughter around this issue. I can invite people to participate in diffusing some of the tension for me.

So, let's go ahead and do that in the chat. We're looking for the best punch line, according to Kris, that will help defuse this tension.

KRIS GABRIELSEN: There is some great ones. They're just perfect. So, the seats on airplanes are so small, but it helps me sit straight. Very straight.  
[LAUGHTER]

And the one right below it, too. The seats on airplanes are so small, but at least the barf bag is within easy reach.

LODGE MCCAMMON: It's just right there.

KRIS GABRIELSEN: Yeah, that's right. You don't even need to lean forward. You just put your hand out, and it's there.

MALLORI DESALLE: Wow. See, I love that because you are already noticing that-- ah, yeah. That's true. And yet, just enough absurd and you're smiling and laughing. Are there anymore that tickle your fancy here?

KRIS GABRIELSEN: I like this one. The seats on airplanes are so small. At least it helps me with my need for human contact.  
[LAUGHTER]  
Literally, physical human contact.

MALLORI DESALLE: Yeah. There was one in here earlier that said something about-- the seats on airplanes are so small, but at least I get to snuggle with the person next to me. That's the same thing. Oh, I love that. So, we use this silver lining together because it helps all of us create a shared joke experience. And there becomes this really great bond, creating this joke together. It alleviates Kris, and you've created this connection that is new based on this situation.

And I'm curious, Kris, if you have any thoughts about the therapeutic exercises that we've done that have been based on addressing small annoyances or bothers or concerns. How might this fit into the preventionist job or the role?

LODGE MCCAMMON: Sorry to interrupt again.

MALLORI DESALLE: No, go ahead.

LODGE MCCAMMON: Let's get back to that question in just a moment. Kris, which one was your favorite punchline?

MALLORI DESALLE: Oh, I forgot to ask.

KRIS GABRIELSEN: Oh, OK. To added in?



LODGE MCCAMMON: Yeah.

KRIS GABRIELSEN: I think it's the "but it helps me sit straight. Very straight." But there's many wonderful ones.

MALLORI DESALLE: There are so many good ones down there. Oh yeah. So, here's the joke all the way together. And now just going to do a little humor magic while we chat for just a moment. So, returning to that question of-- we've just done some therapeutic exercises, Kris, more focused on managing stressors, frustrations, irritations. And we've addressed them. I'm curious. How might this be helpful in coalition work, prevention work, the work that you do as a presenter or preventionist?

KRIS GABRIELSEN: I think it can help in so many situations. Just personally-- you were talking about it. I'm sitting here, frustrated about something of-- be it my computer is not working right or whatever it might be-- to help me reframe and just not be spiraling out of control over this if we really can-- it would just help with a reframe. And then, I think as a group, too. If we're able to do it-- be it committee meetings or staff meetings, whatever it might be, if there's something that, again, is proven to be a frustration—

I was on a committee with somebody who was really good at that, of just throwing in something, just a couple of words. But it was that absurdity, and it would just release all the tension. It is like, [SIGHS] OK. So, I think they're fantastic exercises to keep in our back pocket as those situations arise.

MALLORI DESALLE: And I think that you're right. Because there's individual frustrations that we can apply this on, and there's also shared things that, commonly, are complaints that we hear from coalition members, colleagues, members of the community. I was just thinking about how many of us in prevention can't get the data release from the school district, from their Youth Survey, or can't get the most recent data. And I think, OK, I can't get the data released from the school. But I can get all the yearbook pictures from 1983. This is absurd and ridiculous. And it may only be funny in the moment. It may not be a joke that I would tell people walking down the street. But in that moment, it's a shared, inside joke that we can have to [EXHALES] release the tension.

KRIS GABRIELSEN: Yeah. And this is a little different, but I'm wondering if it's working a bit in the same-- I don't know if there are pathways or whatever. But I know, with brainstorming, that going to the absurdity with brainstorming can be really helpful because it takes us out of our linear thinking, and it gets much more creative. So, I know, again, brainstorming sessions-- I know there was one study that showed you had-- it's not until your number 66 idea that juices actually start flowing.



So, when I've done it, it's just like throw out anything. And so, they get silly, absurd. But then, all of a sudden, it's like, oh, wait. But if we did this--

MALLORI DESALLE: You're right. Creative problem solving and humor are related because the first third of your ideas are going to be what everyone thinks of. The second third are a little bit of a stretch. And the third are the absurd. And you really get the creative juices flowing. That also can happen from playing, laughter, levity. And you lose the judgement off your shoulders by laughing. And you get the creative juices flowing. And it looks like Lodge has worked his meme magic.

KRIS GABRIELSEN: I love it.

MALLORI DESALLE: So, I think, Kris, this is your turn to unveil the whole joke. Do you want to say it for us?

KRIS GABRIELSEN: All right. The seats on airplanes are so small. But it helps me sit straight. Very straight.

[LAUGHTER]

And I have to say, this picture is making me feel a little bit better about the amount of space we get on airplanes.

MALLORI DESALLE: And we love--

LODGE MCCAMMON: So, I did a little--

MALLORI DESALLE: Go ahead.

LODGE MCCAMMON: --searching. There are lots of other options for images of people being really sandwiched in but if I had another five minutes, I would have chosen a different image. But this one gets the point across.

MALLORI DESALLE: And people have said to us that, after making memes like this, Kris-- that they can take that frustration, put it on a meme with their silver lining. Sometimes, they print it off, put it on their computer, put it on the bulletin board or just put it as a background on their computer. And it can help remind them to lighten up and it's OK. That is a frustration, and I can access the absurdity right away.

Because, otherwise, if we complain, we tend to exaggerate and relive the frustration out loud, which floods our brain and our body with cortisol, which is the stress hormone.

LODGE MCCAMMON: Right. And if we can just wrap our frustrations in humor-- like we have been practicing doing-- very intentionally, we no longer complain. We swap that out for telling jokes. Jokes can spark laughter in ourselves and others. And when we laugh, that actually instantly reduces stress. That's pretty powerful.



MALLORI DESALLE: In fact, when we write down our feelings, we tend to understand them even more. And, if we struggle with stress, depression or anxiety, creating a journal of those narratives, especially if we're wrapping them in humor, can be beneficial. It can help us gain control over our emotions and our mental health. And, of course, we can even do this as a community. I think it's-- are you there?

LODGE MCCAMMON: Yeah. I'm sorry. My phone took away the audio. And I had to get that back. I'm sorry. Where were we?

MALLORI DESALLE: So, Lodge and I have designed some therapeutic humor interventions. Do you want to talk about those?

LODGE MCCAMMON: Oh, yeah. And we would like to see how this intervention works with a diverse group of participants. So, we are offering free coaching sessions during the month of October for those in this workshop.

MALLORI DESALLE: No. November.

LODGE MCCAMMON: What did I say?

MALLORI DESALLE: October. We already offered them. No, just kidding.

LODGE MCCAMMON: Yeah. It's in October. Oh, you missed it? I'm sorry.

MALLORI DESALLE: You missed it. Too bad. Too bad, so sad.

LODGE MCCAMMON: Well, I'm going to tell you anyway. Apparently, I'm thrown off. So, I apologize for the last 47 seconds. Yes, in November. So, for those of you who are in the workshop, to keep this conversation going, keep the practice and the work going-- for those of you who are interested, throughout November, you can work with me-- which I didn't put a good showing in the past a little while, so you probably want to work with Mallori. So, Mallory is the other coach. You can work with her, instead. Yeah.

MALLORI DESALLE: Yeah. During these Reframe It Coaching sessions, people are invited to transform their hardships into humor by completing a series of custom exercises. We believe that this work can help anyone access more laughter, release the tension of the difficult situations, and extract more joy from life.

LODGE MCCAMMON: So, we're going to play a short video-- it's just 90 seconds long-- about our coaching. If you're interested in trying a free session and helping us learn more about this intervention, please sign up using the link we dropped in the chat. Mallori, will you drop that link in the chat?



MALLORI DESALLE: Yes.

LODGE MCCAMMON: Wonderful. I'm going to click Play on this.

[VIDEO PLAYBACK]

- We ask each client to do a little journaling to prepare for a Reframe It Coaching session. We ask them to identify a specific issue that they're currently struggling with and write about it for a few minutes. Then, they send that narrative to their coach. Upon receiving the narrative, the coach transforms it into a humor exercise. Next, the coach schedules a live session with the client. At the beginning of every session, the coach invites the client to complete a few simple, warm-up humor exercises. This helps the client begin to think about reframing their issue by looking at it through different and funny lenses.

Then, the coach invites the client to add some humor to the narrative that they submitted. This allows the client to further reframe their issue, which can provide some much-needed distance from the discomfort of a frustration or stressor. The process also creates a number of opportunities for the coach and client to laugh together. And laughter is no joke. When we laugh, muscles become more relaxed breathing changes, and the brain releases the body's natural feel-good chemicals.

- [LAUGHS]

- Clients leave each session with a joke they wrote about their issue, effectively transforming their hardship into humor. And our coaching is valuable because we know from research that using humor to reframe difficult situations can reduce stress and burnout and create lasting, positive feelings. Want to experience it for yourself? Sign up for a Reframe It Coaching session today.

[END PLAYBACK]

KRIS GABRIELSEN: Mallori.

MALLORI DESALLE: Now, all of you may be asking, can I get Mallori and Lodge to come work with me, my team, my group or community? Absolutely, you can. If you are interested, you can visit our website. Mine is [malloridesalle.com](http://malloridesalle.com) or Lodge, [lodgemccammon.com](http://lodgemccammon.com). And you can send us a message. We would love to work with you. Oh yeah.

LODGE MCCAMMON: Oh yeah. So, Kris, Rebecca--

MALLORI DESALLE: That's my callback.

LODGE MCCAMMON: Yeah, that's good. And the rest of the team, thank you so much for having us. Kris, excellent work. Put some love in the chat for Kris. I think Kris knocked it out of the park. Kris was reluctant, of course. It's a scary thing to be confronted with. Just crushed it. I just want to, really, throw a bunch of celebration in the chat. She did a fantastic job.



So, everyone in the audience, thank you, as well, for being here and laughing along with us and providing so much laughter for us. You just crushed the jokes. We laughed so much. I hope you laughed a bit, too. And we would be happy to answer any questions you may have at this point. So, we'll turn it back over to Kris and Rebecca to close it out and answer any questions. Thank you.

KRIS GABRIELSEN: All right. Yes. I do have a few ending slides. I want to make sure folks have information about some upcoming trainings that we're offering. And while I'm doing that, please feel free to put your questions in the Q&A if you do have a question for Lodge or Mallori. I'll go ahead and share my screen. Some upcoming events that we have-- trainings. We do have a series on data that are coming up. Registration will be available, hopefully, by the end of this week.

We're currently working on creating those web pages and the Zoom registration and everything. So, this came out of the needs assessment that we did, which many of you completed. There were quite a few folks who said they need help with local data collection. So, these are going to be focused on local data collection, overcoming data collection challenges in rural communities, as well as with schools and parents. So be sure to look for those, as the announcement for when registration opens for those.

We also have tips and tricks for creating compelling slides and handouts that will happen on December 15. Both the data series and the tips and tricks will not be recorded, so be sure to save those dates and times on your calendars to be present during the time. And looking ahead a little bit. But January 10th, we have a great training coming up called "Nothing About Us Without Us-- Best Practices for Community-led Prevention."

And this is going to spotlight a community coalition that worked with the faith community to really build the trust and buy-in with the local community. It's a great, great workshop. All right. Hopefully, you all are on our Facebook page, and you've liked and followed it. This is where you will get the most current information. So, as things pop up and are really timely, this is where we put it. If you like and follow it-- if you're a Facebook user, by doing that, it will show up in your news feed.

And please, please, please complete the post-training feedback form. It's just a few questions after the demographic information. It's very helpful for us to know what went well with the training and how useful it was for you. And also, this is the information we need to provide to our funders in order to keep providing these free trainings for you all. So, if you can take the time to do that, we would greatly appreciate it. All right. And did we get any questions in? I don't believe we have any in the Q&A pod.





PRESENTER: No, we don't have any there. There was a question, of course, about the PowerPoint slides. And Mallori, Ledge-- you want to share what you had hoped to share with the rest of us?

MALLORI DESALLE: Yeah. I think that we will offer the exercises so, that way, those are meaningful to folks. So, we can offer that to folks. And what else do you want to add to that, Ledge?

LODGE MCCAMMON: Oh, yeah. For sure. The exercises that we shared today, we will make sure those are available with the recording. Is that the appropriate place to share those?

PRESENTER: On the website.

LODGE MCCAMMON: Yeah. We'll make sure the resources are available on the website, along with the recording.

PRESENTER: Wonderful. Thank you so much. Well, we have four extra minutes in our day. And if there aren't any other questions, I want to give folks a little time to breathe and say thank you for being here and a reminder that you will be redirected to an evaluation survey. And those certificates of attendance for those who are here for the whole thing will be going out within the next couple of weeks.

So thanks for being here and have a wonderful day.

KRIS GABRIELSEN: Thanks, Ledge and Mallori.

LODGE MCCAMMON: Thank you.

MALLORI DESALLE: Thanks, friends.

KRIS GABRIELSEN: Thank you, everyone, for all of your great participation. Bye bye.