

FÜNderstruck



michigan dental
ASSOCIATION
YOUR CONNECTION TO ORAL HEALTH®

Pat Dwyer



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Give
Generously

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Give
Generously

I



Initiate
"Yes...And"

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- Give Generously

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- Initiate "Yes...And"

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- Forgo "Mistakes"

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- Initiate "Yes...And"

F

- Forgo "Mistakes"

T

- Totally Go For It



Benefits of Laughter:

Builds Trust
Source: International Journal of Obesity

Increases Problem Solving Skills
Source: Northwestern University

Decreases Stress
Source: Advances in Physiology Education

Enhances Perceived Leadership Skills
Source: Harvard Business Review

Boosts Memory Retention
Source: Communication Education

Natural Immune Booster
Source: American Journal of Medical Science

Natural Antidepressant
Source: Korean Journal of Adult Nursing

Lowers Blood Pressure
Source: Journal of Dental and Medical Research

Relieves Pain
Source: Proceedings of the Royal Society

Reduces Anxiety
Source: Psychological Reports

Improves Heart Health
Source: American Heart Association

Increases HDL ("good cholesterol")
Source: American Heart Association

Burns Calories
Source: International Journal of Obesity

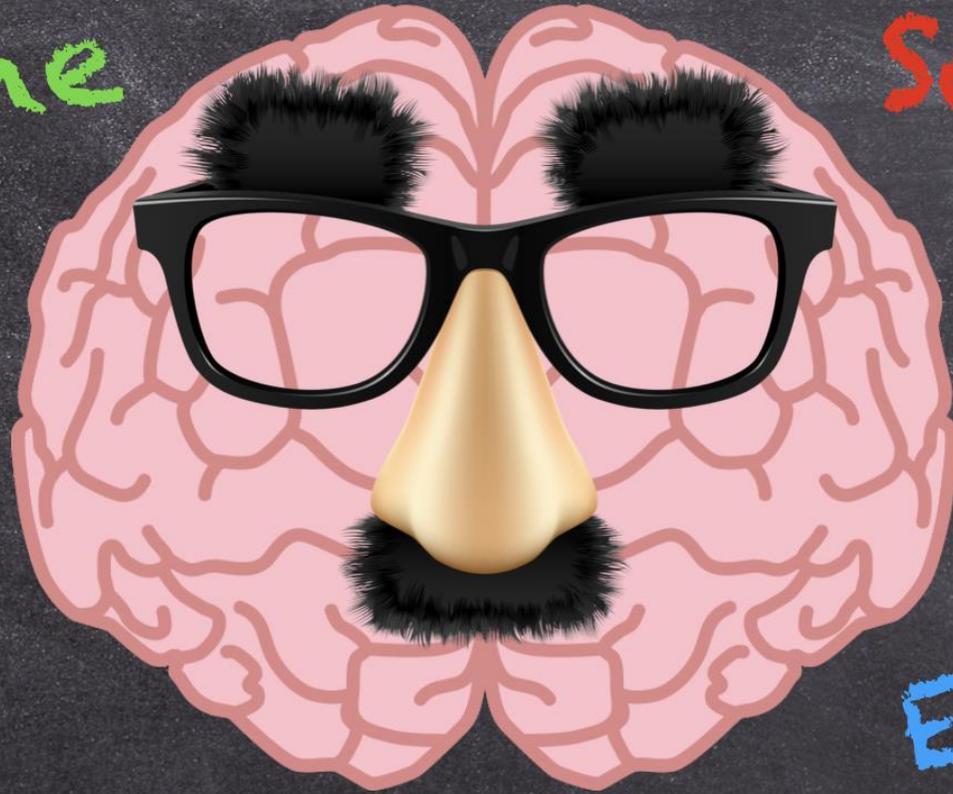
Builds Credibility
Source: Communication Quarterly

Dopamine

Serotonin

Oxytocin

Endorphins



Quick Fact:

An **Average** adult laughs 17 times a day.

The average child? = 300

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F

- Forgo "Mistakes"

T

- Totally Go For It





THANK YOU

PatDwyerWasTaken.com

...because it was

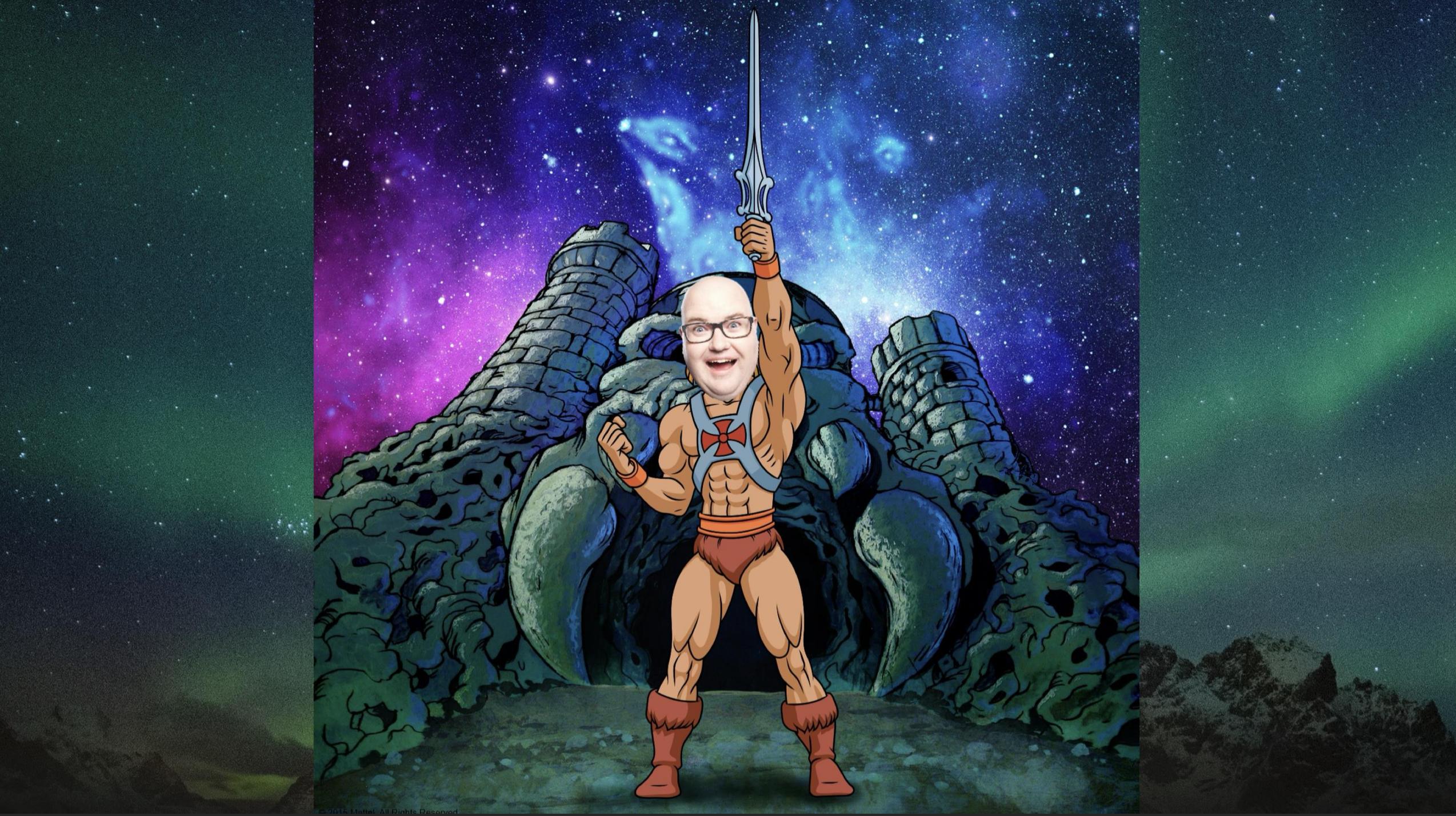


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