

HOW ARE **LAUGHTER & TEARS** IMPORTANT FOR NURSES IN TODAY'S HOSPITAL SETTING?



Laughter helps my physical healing and well-being

It makes me feel emotionally supported

Crying releases hormones that help me relax and feel more human again

Laughter and tears are natural resources that are often neglected in managing personal and professional stress. Facilitating patients' and families' laughter and tears is an important skill in providing emotional support, which is central to the caring role of nursing.

BENEFITS OF LAUGHTER AND TEARS

Laughter and tears are among the most effective human resources for stress management – often with the same results as tranquilizers and muscle relaxants.

1

They release emotional tension

2

They generate compassion which reduces stress

3

They help resolve any interpersonal conflicts

4

They help focus on constructive problem solving

Tears And Laughter Of A Physician

Robert R. Redfield



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