



Personal Safety Nets® Newsletter

Humor: A Healthy Way to Live!

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Michael Tomlinson concert just days away!



Personal Safety Nets® reminds you of its sponsorship of Michael Tomlinson - A Concert to Celebrate the Healing Arts Community, on November 20th, 2009.

TICKETS AND BOOTH SPACE ARE STILL AVAILABLE:

Singer, songwriter, and great story-teller, Michael Tomlinson, will perform at **Seattle's Town Hall, November 20, 2009 at 8:00pm.**

Tomlinson, accompanied by a group of wonderful studio musicians, will perform songs from his latest CD, *The Way Out West*, as well as songs from throughout his 10 CD career. **Tickets, \$25 for general admission, are available from Brown Paper Tickets or by calling 1-800-838-3006.**

To begin the evening, and to set a welcoming tone, doors will open an hour before the show (at 7:00pm) for a pre-concert reception.

Members of Personal Safety Nets® will be on hand, along with other professionals, who help create a healthy community in our area

Letters, We Get Letters

Dear Safety Nets Team,

I've been dealing with some personal issues and trying to build and work with my personal safety net. **I've been focusing upon the core values that are discussed in your workbook, and have been using humor to accomplish some of my changes.** I thought you'd like an update. Fred, *the semi-retired businessman.*



"I was excited to finally have time to devote to golf-my favorite sport. But although my game had improved dramatically, I got angry with myself over every mistake. I soon realized that my golfing buddies affected my attitude, so I stopped playing with people who took the game too seriously. **The more I played, the less I enjoyed myself. When I played with friends who focused more on having fun than on their scores, I was less critical of myself.** Now golfing is as enjoyable as I hoped it would be. My scores are better without working harder. **And the brighter outlook I'm getting from my companions and the game has spread to other parts of my life, including my relationships and work."**

A: Congratulations, Fred! You're doing great! Which reminds us of Paul E. McGhee, PH.D., a noted researcher and writer in the field of humor, laughter and human behavior saying, "Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."



The ability to laugh, play, and have fun with others not only makes life more enjoyable-it also helps you solve problems, connect with others, and be more creative. People who incorporate humor and play into their daily lives find that it renews them and all of their relationships.

Life brings challenges that can either get the best of you or become playthings for your imagination. When you "become the problem" and take yourself too seriously, it can be hard to think outside the box and find new solutions. But **when you play with the problem, you can often transform it into an opportunity for creative learning.**

Here's another example from another one of our readers:

Jane worked at home in her apartment complex designing greeting cards, **a job she used to love but now felt routine.** Two little girls who loved to draw and paint lived next door. At first she just watched, but in time she joined in. Laughing, coloring, and playing pretend with the little girls transformed Jane's life. Not only did playing with them end her loneliness and mild boredom, **Jane invited the girls in to play with all the art supplies she had. This sparked her imagination and helped her artwork flourish.** Best of all, it rekindled the playfulness and spark in Jane's relationship with her husband.

Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. **Interacting with others in playful ways helps you retain this creative ability.**

As laughter, humor, and play become an integrated part of your life, your creativity

to display our information. **We want you to be there too! Please join us by purchasing one of the limited number of display tables so that you too can reach out to this wonderful audience and let them know about your organization and services.** Time is short - so please call Personal Safety Nets® directly.

You can also get to know Michael's music by listen to a FREE audio download of his song "Seattle Skies".

You can also gain more information at Michael Tomlinson

NEW Cool Free Downloads



This month our downloads are all about HUMOR. We have research, parent information, and laughter as medicine - all ready to be read by YOU!

Let the website take you to these and our other "Cool Free Downloads."

We're always adding new Downloads, so check back regularly.

Here are this month's Humor additions:

New Research: Good Jokes Can Cure Bad Moods After a rough day at the office or a nasty interchange, a great joke can often quickly lift us out of a bad mood. But why?

For Some, Laughter Is the Best Medicine Feeling rundown? Try laughing more, with (not at) others.

Early Parenting: Start With Humor Not Commands

When it comes to parenting, it's funny how humor can motivate children when more negative tactics do not.

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will flourish and new discoveries for playing with friends, coworkers, acquaintances, and loved ones will occur to you daily. **Humor takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful, and balanced perspective.**

Bring more humor and laughter into your life

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.



Enda Junkins, LMFT, in her book, **We Need to Laugh More** suggests we begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

Here are suggestions from **We Need to Laugh More** on ways to start:

- **Smile.** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds true for smiling. When you look at someone or see something even mildly pleasing, practice smiling. It will get easier!
- **Count your blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When in a state of sadness, we have further to travel to get to humor and laughter. Counting blessings cuts down the distance.
- **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?" or just join in!
- **Spend time with fun, playful people.** These are people who laugh easily-both at themselves and at life's absurdities-and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.
- **Bring humor into conversations.** Ask people, "What's the funniest thing that happened to you today? This week? In your life?" Then listen to the answers and enjoy shared mirth.

Laugh with Enda at her website.

CREATING A PARTNERSHIP WITH YOUR SMALL BUSINESS - Our One-on-One Initiative



Are you a small business owner or operator - (salesman, financial planner, insurance adviser, banker, lawyer, doctor - pick one) and having trouble connecting to prospective clients in this economy? Personal Safety Nets® will help you!

Let us open your door to more business. We open the minds of your clients, and get them thinking about all the corners of their Personal Safety Net - which include you and your services!

In a small intimate setting, your clients will hear from our founder and noted author, Judy Pigott. Judy will present each person a free, signed copy of her book

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and talk to them about their lives, and the corners of the safety net they'll build to deal with life's upcoming challenges and changes. Your prospective clients will be able to ask questions and get direct answers from Judy - and all the while, **they'll be better prepared to see the need for your services. You'll strengthen your relationship with clients and get your foot in their door for follow-up sales.**

If you're interested in talking about our One-on-One Initiative presentation, please call us today at 206-659-0665. It's never too early to get started!

Gift Certificates

Whether it's a birthday or anniversary, a holiday treat or sharing great times, a gift certificate is a wonderful way to show your feelings and appreciation.

We offer certificates that provide two specific types of gifts. Choose the one you want to give, and we'll do the rest. **Gift certificates can be ordered by calling us at 206-659-0665.**



A certificate, personalized from you, comes in a colorful envelope, perfect for mailing or hand delivery. Included in the price of this certificate is the book (or audio book - your choice!), workbook, handling, shipping & applicable taxes - a \$60 value. Our special price is \$50.00.

A certificate for a Multi-Session Class of choice, personalized with the receiver's and your names, comes in a colorful envelope, perfect for mailing or hand delivery. Included in the price of this certificate is the book, workbook, plus the series of classes with the Personal Safety Nets staff. Our special price is \$75.00.



With celebrations around the corner, we've created a "holiday certificate" to **give to your favorite boss, relative or friend. Now is the perfect time to place your order - giving us plenty of time to send the certificate directly to you or your recipient. Remember, you can also order books, workbooks, and audio books directly from our web site.**

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