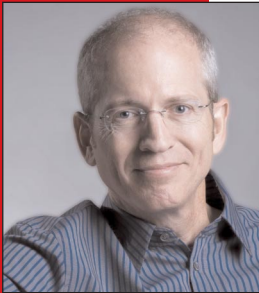


## Welcome to FUNsultations

*FUNsultations* is a somewhat regular newsletter from FUNsulting, etc. whose mission is to redefine excellence in healthcare through humor. Each edition includes fun, funny and practical articles and resources which will enhance the humor potential in healthcare without sacrificing the integrity of the care that is delivered. Remember, a laugh a day gathers no moss (or something like that). Enjoy!

Ronald P. Culberson, MSW, CSP  
Director of Everything!  
FUNsulting, etc.



## From the Administrator Daily Living

A colleague once suggested that if each day, I wrote down five things for which I was grateful, my outlook in life would change. And it did. I quickly became resentful for having to come up with a new gratitude list every single day.

A business mentor suggested that if I accomplished 3 high-value goals daily, my business would grow, and fame and fortune would follow. I did just what he said for nearly 48 hours. After that, I couldn't seem to maintain the discipline. And coincidentally, growth, fame, and fortune did not follow me anywhere.

I am my own worst enemy when it comes to disciplined self improvement. I've read every personal development book under the sun. I've studied the habits, the secret, the good to great, and the power of positive you-name-it. But, I always get stranded on the road less traveled wondering who moved my keys.

And, I'm sure I'm not alone — as evidenced by the size of the self-help section of my local bookstore and the likelihood that we will eventually see the publication of *Chicken Soup for the People Addicted to The Chicken Soup for the Soul Series Soul*. So what can we do to improve our self development process? I suspect it's easier than we think and it probably has a lot to do with our thinking that it's easy.

Eckhart Tolle, in his book *The Power of Now*, suggests that we spend too much time *thinking* about the past or the future, rather than *living* in the present.

For instance, if you're a clinician and a patient becomes angry because you didn't answer the call button quick enough, what do you do? I suspect you first go into your head and start thinking unhelpful thoughts. You might get defensive by jumping to the conclusion that this patient thinks you're incompetent. You might also be reminded of a similar voice in your past such as a critical mother or overbearing father. Or you might jump ahead and start worrying about future shifts during which you will have to care for this patient again. Whatever your reaction, the process begins in your head with what you think and ends in your gut with how you react. The thinking is the problem.

The good news is we can change the way we think and redirect our focus to the here and now where things are not always as bad as we think.

This issue of FUNsultations contains a number of resources to help you see the here and now differently. Additionally, we've placed subliminal messages in the paper, the text, and the photos to influence you to not only think more positively but to send me money. OK, not really, *send money*, but it's not a bad idea *send money*.

As you explore the new HumorUs resource section on the FUNsulting, etc. website, the article about Christine Cashen's new book, *The Good Stuff*, and my new book, *My Kneecap Seems Too Loose*, I hope you will consider using these resources to chip away at your negative thinking and to achieve a much more balanced and positive perspective.

Whether we want to admit it or not, time is short. What a shame it would be to spend our precious time in places of bitterness and negativity. Those places drain our energy, our creativity, and our ability to connect and build relationships with others.

Paying attention to your negative thoughts and redirecting your focus to the present moment will inspire you to see the joys, the blessings, and the positivity all around you. It may take some effort to see them at first but the more you look, the more you'll discover them everywhere.

I've heard it said that "we are what we eat." In reality, we are what we think. And the amazing truth is that we are much more than what we think. And we shouldn't let our thinking bring us down.

Now think about that...but just not too much!

Story-for-a-Book  
Question:

What's the funniest  
thing that ever happened in  
your healthcare career?

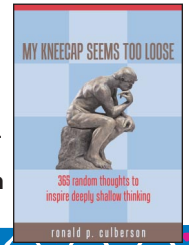
Send your story to  
[newsletter@FUNsulting.com](mailto:newsletter@FUNsulting.com)  
and receive a complimentary,  
autographed copy of Ron's book,  
*Is Your Glass Laugh Full?  
Some Thoughts on Seeing the  
Humor in Life*. Please put  
"Story for a Book" in  
the subject line.

## The Best Medicine— Ron's New Book!

I'm pleased to announce that my second book will be released by the end of August 2010. It's called *My Kneecap Seems Too Loose: 365 Random Thoughts to Inspire Deeply Shallow Thinking*. The goal of this book is to provide you with a random funny thought-a-day to jump start your own creative and funny thinking. Here's a sample of the random thoughts:

- It would be nice to have the ability to send an electric current through the phone when telemarketers call. Then I could say, "I'm shocked that you called me during dinner."
- I can't figure out why some Sudokus are harder than others. They all use the same numbers.
- I'd like to see an auctioneer walk the talk.
- I wonder if there are grief support groups for people who lost their keys?
- I see men wearing both suspenders and a belt. Their pants must be very heavy.

You can purchase a copy of *My Kneecap Seems Too Loose* at [www.FUNsulting.com](http://www.FUNsulting.com)



## Positive Results

*The following two examples of healthcare humor in action were sent by Pam Harmon. Clearly, it's everywhere!*

I was working in a nursing home as a nurse's aide. One of our duties was to make sure the residents were regular with their bowel and bladder functions. One of the residents was obsessed with her car. Every day she would go to the nursing home door and make sure it was still in the parking lot. One day, I was making my daily rounds and I asked her "Agnes, have you

had a BM today?" Her reply was "NO, honey, I drive a FORD!"

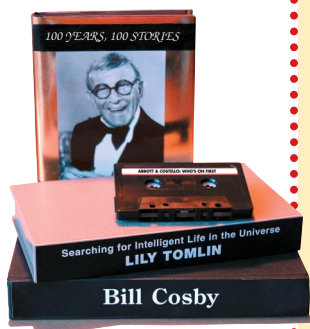
Another time when I was working at the adjoining hospital, the phone rang. One of the nursing home residents had called to ask if I would come put her socks on. I explained to her that I was at the hospital and asked her why she didn't ring her call button to get assistance from the nursing home staff. She explained "My son told me if I ever needed help to just call the hospital."

## HumorReferrals

**FUNsulting, etc.** is proud to announce a new resource center just for YOU! Go to [www.FUNsulting.com](http://www.FUNsulting.com) and click **HumorUs**. This new section of our website is designed to provide you with constantly updated humor resources you can use at home and at work. You'll find the following:

- Reading Room – Articles, past newsletters, columns, and other information you can read about the value of humor.
- Humor Videos – A collection of funny videos from around the web.
- Phunny Photos – A page of funny photographs.
- Humor Organizations – Links to other organizations worth their weight in humor.
- Funny People – Links to funny speakers, authors, clergy, and others.
- Jokes – A supply of jokes for your ha-musement.

Please take some time to soak in the humor on our new and improved website.



## Discharge Plans

### “Cashen” in on The Good Stuff

Consider this “Good Mood Commitment” for the first two hours of your day: No matter how you feel, start the day by *telling* yourself that you’re in a good mood. If someone cuts you off in traffic, you don’t get angry, you simply say, “It’s a good thing I’m in a good mood.”

That’s the quality of the *stuff* in Christine Holton Cashen’s new book, *The Good Stuff: Quips and Tips on Life, Love, Work and Happiness*. As America’s Top Humorista, Christine tackles just about every challenge we humans encounter with practical advice and a contagiously fun attitude. This book is a handy tool to help anyone address the day-to-day annoyances in life — whether at work or at home.

For instance, when you’re at work and just need a few minutes to escape the pressure and decompress, Christine suggests that you go on a “Secret Mission.” Carry a file or clipboard with you, so it appears that you’re on your way to do something important, and walk briskly around the office (or even outside) for 2-3 minutes. Maintain a look of determination so coworkers will assume you’re attending to a critical assignment. After the allotted time, come back to your office refreshed and ready to tackle the next challenge. Mission, and decompression, accomplished!

I tried something similar years ago and when one of my colleagues asked me where I was going, I quietly said, “To the downsizing meeting.” It was very funny... at least to me.

Christine’s book is full of simple, easy to implement techniques like the Secret Mission that help us reframe our circumstances allowing us to get through the day with less frowns and more smiles. In fact, throughout the book, she frequently offers tips for using humor as a tool — something she’s been doing successfully for years.

Christine has been inspiring audiences and tickling funny bones for the past 15 years. Her mission is “to stop global whining” and to encourage people to enjoy less stress and more fun. And while she’s honed her skills over the years, she got her start from her upbringing, as she puts it, “in a family of lunatics.”

“Humor was just the way we were,” she says. “We believed that humor made memories.”

From that memorable upbringing, she discovered that humor was actually a valuable tool in every job she had. Whether as a college recruiter, a radio DJ, or as a corporate trainer, she saw that humor pleasantly surprised people and in turn, created a special bond with them. From there, healthy productive relationships thrived.

She wrote *The Good Stuff* as a way to give her clients and audiences something that lasts longer than a presentation. She also wanted to leave a legacy for her children — a book that looks, sounds, and feels like her. And knowing Christine, she has certainly captured her essence in this book.

As another example, she gives advice on how to keep clutter from becoming a stressor. She observes that horizontal papers are piled while vertical papers are filed. So, by keeping our papers vertical, we keep them filed away and organized.

As we all search for ways to keep our minds and spirits focused on the important things in life, rather than the unimportant negative things, Christine has given us a simple roadmap. She knows that if we don’t keep the proper perspective, then we inadvertently let the traffic, the difficult people, and the pressures around us win. And we and the people we care about are too important to let those trivial aspects of our lives come out on top.

Read *The Good Stuff*. Better yet, study *The Good Stuff*. Let America’s Top Humorista pour you a cup of practical fun.

For more information on Christine Cashen and *The Good Stuff*, visit [www.ChristineCashen.com](http://www.ChristineCashen.com)

#### New Feature

Each time we feature an author, speaker, or humor enthusiast, he/she will be featured on the new HumorUs section of our website. Go to [www.FUNsulting.com/HumorUs.php](http://www.FUNsulting.com/HumorUs.php) and look in the Reading Room, Videos Section, and Funny People Section for their featured profiles. This month, you’ll find highlights of Christine’s work.

Check out our *Humor Injections* blog at [www.FUNsulting.com/wordpress](http://www.FUNsulting.com/wordpress) for humor, comments and links related to humor in healthcare. New posts every week!

Humor writers **Ron Culberson** and **David Glickman** work with speakers, executives, and politicians who want to make their speeches funnier. They put (funny) words in your mouth! [www.FunnierSpeeches.com](http://www.FunnierSpeeches.com)

“Isn’t a self-help book really somebody else’s help?”

—Ronald P. Culberson, from *My Kneecap Seems Too Loose*

Your new issue of  
**FUNsultations!**

Collectable Quotes from  
FUNsulting, etc.

F

“ If the body is 60% water,  
it seems that we would slosh  
more.”

—Ronald P. Culberson, from *My Kneecap Seems Too Loose*

**Ronald P. (Ron) Culberson, MSW, CSP** is a former hospice social worker, middle manager and senior manager whose mission is to help healthcare staff and leaders use **Humor as a Path to Excellence**. As a speaker, humorist and author of *Is Your Glass Laugh Full?*, Ron can offer your organization the following:

- **HILARIOUS PRESENTATIONS** and workshops
- **EMCEEING** for special events
- **PRESENTATION SKILLS COACHING**
- **HUMOR WRITING** for speeches, training programs, and written communications at [www.FunniestSpeeches.com](http://www.FunniestSpeeches.com)

To find out more, visit [www.FUNsulting.com](http://www.FUNsulting.com) or call (703) 742-8812. To change your address, email us at [newsletter@FUNsulting.com](mailto:newsletter@FUNsulting.com)

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### Credentials

