



Lighten your Load and Lift your Spirit with Humor and Laughter

***"I have seen what a laugh can do.
It can transform almost unbearable tears into something bearable,
even hopeful."*** ~ Bob Hope

*"Nobody says you must laugh, but a sense of humor can help you
overlook the unattractive, tolerate the unpleasant, cope with the unexpected,
and smile through the day."* ~ Ann Landers

"The secret to humor is surprise." ~ Aristotle

"Comedy is tragedy plus time." ~ Carol Burnett

***"A happy person is not a person in a certain set of circumstances,
but rather a person with a certain set of attitudes."*** ~ Hugh Downs

*"You will experience times in your life when it feels impossible to laugh.
But once you do, something magical happens. For that brief moment,
you forget your troubles and feel a glimmer of hope."
~ Lois McElravy*

***"When life knocks you down, humor is the magic wand
that cushions your fall, lifts you back up,
and points you in a new direction."*** ~ Lois McElravy

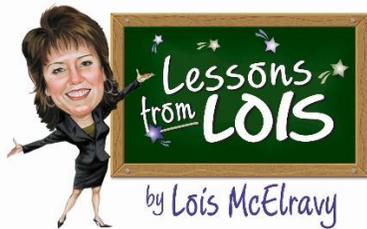


by Lois McElravy

Things are not as they first appear ...

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Sensitivity to humor and laughter:

With trauma or crisis, a period of time is often needed to allow for emotional distancing and healing before someone is able or ready to enjoy humor or laughter relating to any topic and may never joke or laugh about something relating to the trauma or crisis. Be aware that someone in crisis can be overly sensitive to laughter, particularly if an injury, loss or major embarrassment has occurred.

Humor perceived as an attempt to discount, distract, or ignore a situation that is distressing to the person who experienced it, generally won't be well received without first acknowledging the situation or empathizing with their feelings.

Suggest an activity involving humor, such as watching a comedy, or reading the comics. Find other things to laugh about together. (funny story, absurdities, mishaps) Laughing about past good times also helps restore hope for the future. Do something fun.

Humor and laughter to reset stressful emotions:

When you feel stressed out, a disconnect takes place between the left and right sides of your brain...which is why you have trouble thinking clearly, feel off balance, or act clumsy. Laughing reconnects your whole brain, improves mental clarity, and restores balance.

Laughter is your pressure release valve. When you feel uptight and need to relax, take a laughter break: 1 minute of laughter is equivalent to 40 minutes of deep relaxation.

Humor quick fix: Smile big (your brain believes what your face says) and say the opposite of what you think or feel. (theory of incongruence) Example: when something you do doesn't turn out well, smile big and say, "That went well." You will laugh.

How to incorporate more humor and laughter into each day:

1. Who makes you laugh? Ask them to tell you something funny.
2. Watch a funny T.V. show or movie, (SNL or AFV), funny videos on FB, YouTube, TikTok.
3. Read something funny (Grumpy Maxine daily calendar), subscribe to a humor newsletter.
4. Create a humor collection of things that make you laugh: photos, videos, quotations, jokes, stories, greeting cards, (physical file and electronic folder).
5. Add "humor break" to your To Do List or electronic calendar.
6. Ask someone to be your humor buddy.
7. Do something fun.

 *Things are not as they first appear ...* 