

FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 6 – Worksheet 3

Humor and Laughter

***"You don't stop laughing because you grow old –
– you grow old because you stopped laughing."***

Humor and laughter are essential ingredients in creating a perfect day and a happy life. Humor is the playful, whimsical, joyful way you perceive yourself, the world, and situations in which you find yourself. Laughter is your response to what you find humorous, and often it mirrors who you are.

Seeking, finding, and appreciating the funny side of life is healthy behavior, and can improve both your emotional and physical condition. When you laugh, your body relaxes, secretes endorphins in your brain, and assists your immune system in keeping you healthy. You also gain a feeling of well being, contentment and cheerfulness, and have probably boosted not only your own spirit, but the spirits of those around you.

Laughter is a key ingredient in coping with daily stress. It can often diffuse tense or angry situations, and make enemies into friends. If you seek humor in a situation you will probably find it. No two people respond exactly the same to humor. Some may not react at all to what you think is funny, while others may belly laugh with you.

It's often thought that having a sense of humor means having the ability to tell jokes. However, humor comes in many forms, and is really a very personal part of who you are. Regardless of the source or form of humor, what is important is that it is positive and enhancing to all concerned. Humor at another person's expense is cruel and may cause hurt feelings. Cruelty is never funny!

What's important is to target humor toward things that amuse you, and be able to laugh at yourself and all of your little foibles. Your ability to do this says that you are comfortable with who you are and have compassion for yourself and others. Your ability to appreciate and respond to humor allows you to have fun as you walk through life, and makes others want to enjoy you as well.

Exercise: Humor and Laughter

List situations in which you have found humor. Then think about what in these situations struck you as funny. Also think of a funny story about yourself. Can you laugh at your mistakes or embarrassing moments?

Funny Situations

What Was Funny About It?

Reflections on Humor and Laughter

- Humor and laughter are essential to both mental and physical well-being
- Humor and laughter boost the spirit of you and others around you.
- Finding the fun helps you cope with stress and with life.