

Daily Dose of Humor

Humor has many health and mental health benefits and yet most of us take laughter in our lives for granted. From a physical standpoint, humor decreases pain, boosts our immune system, and lowers our stress hormones. Psychologically, humor eases anxiety and tension, improves our mood, and even strengthens our resilience. From a social perspective, humor helps in all our relationships, defuses conflict, and aids in teamwork and bonding.

Of course, not all humor is positive. Aggressive humor, which includes sarcasm, teasing, and stereotyping, can push people away. And some people use humor to put themselves down as a way to get others to like them, although this rarely has the desired effect.

This worksheet is designed with the simple purpose of getting more laughter into your life on a daily basis. More smiles, more grins, more chuckles.

Have fun. It's good for you.

Directions:

For one week, make an extra effort to bring humor into your life. Put a check mark by each activity that you do. There should be at least 7 check marks at the end of the week.

_____ Watch a funny movie or TV show.

List shows you watched.

_____ Spend time with people who are fun. It doesn't matter if it is a child or a friend, spend at least 30 minutes with a person who almost always makes you smile.

Write down the names of some people who always make you smile.

_____ Visit websites or Youtube® channels whose only purpose is to make you laugh.

Write down some websites or channels you almost always find funny.

_____ Listen to a funny comedian.

List several of your favorite comedians. You can probably find their performances on Youtube®
Watch your favorite comedian at least 15 minutes a day.

_____ Cut out a favorite cartoon or comic strip. You can find almost any cartoonist you
are looking for using an online search. Write down websites that feature daily comics you go to
for a daily smile.

_____ Reminisce with a friend. Call an old friend to talk about happy memories. What are
some memories you would talk about?

_____ Play a favorite fun game. Invite a friend or group of friends to play a card game or
board game that you associate with laughter and good humor. Write down who you will invite
and the game you will play.
