

Expand Your Sense of Humor!

Often we need a sense of humor. This sense is developed by putting time, focus and energy into experiences that make us laugh and feel good. Listed below are some tips to add to your capacity for humor and laughter.

1. Look for the everyday humor. Start looking for the absurd, silly, or incongruous activities that go on around you each day.
2. Observe infants and young children to learn how to find delight and amusement in most ordinary things. By the time a child reaches nursery school, he or she will laugh about 300 times a day. Adults laugh an average of 17 times a day.
3. Increase your exposure to comedies, comic sitcoms, and joke books.
4. Hang around funny friends.
5. Take a 5–10 minute humor break each day. Read jokes, add to a humor notebook or diary, or listen to funny tapes.
6. If you hear a joke you really like, write it down, or tell it to someone else to help you remember it. “Doctor I have ringing in my ears.” “Don’t answer!” – Henny Youngman. The doctor say “You’ll live to be 60!” “I AM 60!” “See, what did I tell you?” – Henny Youngman.
7. Remind yourself to have fun.
8. Spend time with those who help you see the bright side and, whenever possible, avoid people who are negative.
9. Avoid conversations, news, entertainment, and so forth that frighten, upset and distress you or make you feel sad and unhappy.

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