

# Adding Laughter to your Every Day Life

Laugh your way to better health!



Create ways to create humor and laughter for yourself

Research recommends 15 minutes of laughter per day!

1. What do you find funny? Cartoons, comedians, TV shows, movies, books, games? Make time for something funny once a day!
2. Who brings joy and laughter to your life? Make an “appointment” to contact and laugh with them on a regular basis (e.g., once per week).
3. Make laughter a **habit**. Tell yourself to laugh every time you: brush your teeth, wake up, stretch, look in the mirror, wash your hands, exercise, drive or ride in the car, get the mail, shower, fix your hair. You can set a timer to remind yourself to laugh (e.g., every hour).
4. Watch children at play or the antics of an animal (Cat videos are #1 on YouTube for a reason!).
5. Look for funny things- they are all around you! (Funny signs, the things people say, blunders in written work).
6. Keep a laughter log or journal.
7. Have fun toys available. (Some good sources for office toys: [OfficePlayground.com](http://OfficePlayground.com), [ThinkGeek.com](http://ThinkGeek.com), [WorldLaughterTour.com](http://WorldLaughterTour.com), [Amazon.com](http://Amazon.com))
8. Keep a designated “Laughter Box” or “Laughter First Aid Kit.”
9. Have a dedicated bulletin board for cartoons/funny articles.
10. Smile even if you don’t feel like smiling. People smile back at you and you start to feel better. Smiling changes your brain chemistry!
11. Attend a Laughter Club!



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