



# TAKECHARGE

WELCOA'S SELF-CARE BULLETIN

## BRING LAUGHTER INTO YOUR LIFE

APRIL IS NATIONAL HUMOR MONTH

*“A day without laughter is a day that is wasted.”*

— Charlie Chaplin

April 1, otherwise known as April Fool's Day, kicks off the 45th anniversary of National Humor month. Created by comedian and best-selling author Larry Wilde in 1976, the goal is to honor those that make us laugh and bring awareness to how important laughter is to our overall health and wellbeing.

**FUN FACT:** A Vanderbilt University study showed that laughing for 15 minutes can burn between 10-40 calories. If you add that up, you can lose between 1-4 pounds a year!

### LAUGHTER IS THE BEST MEDICINE

Self-care is important and, unfortunately, humor is an often overlooked self-care tool. There is truth to the old saying “Laughter is the best medicine!” When you laugh, your brain activity changes in ways that lower your stress response by reducing inflammation and stress hormones, improving circulation, and enhancing the immune system.

Humor also allows you to see things in a new way. It is about allowing yourself to see the lighter side of life more often and use it as a way to release tension and re-energize yourself. So to help you out, we have provided a list of 30 ways to bring laughter into your life.



Talk with your doctor if you have any concerns about your health.

### Might we suggest a challenge?

For the next 30 days, use one of the suggestions below (or one of your own) to increase laughter in your day. Keep track of what you do and how it made you feel. At the end of the month, look back and compare the days you added laughter and the days you didn't. You might be surprised how one little act can make a big impact not only on your mood but on the people around you.

### TIPS FOR BRINGING MORE LAUGHTER INTO YOUR LIFE

1. Spend time with funny people: surround yourself with people who laugh easily and can make you laugh.
2. Listen to (or watch) clips of people laughing—it's contagious!
3. Find the funny in everyday occurrences. Everything in life can be drama or comedy—it is up to you to decide which. For example, if you spill your coffee, say something like “The coffee is on me today!” and laugh about it.

4. Follow your favorite funny people on social media. Often times social media is linked to negativity, but you can control what you look at. By following and liking more pages that make you smile and laugh, humor will show up more often in your feeds.
5. Schedule a ‘fun break’ on your calendar. It is far too easy to get wrapped up in the day’s work—remember to take time to laugh by scheduling 5 minutes on your calendar to look at funny videos or read a joke book. You will be recharged and ready to take on the rest of your tasks with a new energy.
6. Start a humor journal: write down three things each day that you found amusing. Any time you are feeling down and need a smile, look back on your humor journal.
7. Watch a comedy show: whether in person or digitally, a comedy routine is a sure-fire way to have a few laughs!
8. Play games: get some family or friends together (in person or virtually) to play a fun game.
9. Watch a funny movie: pick a favorite or get recommendations from friends and then settle in for some laughs.
10. Strike up a conversation: instead of talking about the weather, ask somebody what was the last thing that made them laugh.
11. Challenge a friend or family member to lip sync with you. Find a song and lip sync together or against each other—the more into it you each get, the funnier it becomes! Check out some of Jimmy Fallon’s lip sync battles or the Lip Sync Battle YouTube channel for some hilarious inspiration.
12. Imitate a funny clip from a show or comedy routine. Repeat back a funny conversation from a television show or comedy routine trying to imitate accents and voices—do this with a friend or family member for even more laughs.
13. Dance: learn a new dance or challenge some friends to a dance-off!
14. Try one of these 65 bad puns and one-liners: <https://bestlifeonline.com/bad-funny-puns/?nab=1>
15. Combine two stress relieving activities at once and laugh while doing yoga. Yes, it’s been a thing since the mid-2000s and there are over 20,000 free social laughter clubs in 110 countries across the world.



Find a laughter yoga club near you:

<https://laughteryoga.org/finder/find-club/>

16. Try some tongue twisters: <https://www.everythingmom.com/activities/50-tongue-twisters-for-family-fun>
17. Test out the Laughter Wellness Method and these laughing exercises: <https://www.laughteronlineuniversity.com/laughing-exercise-101/>
18. Send a funny greeting card to a friend, family member or coworker.
19. Take an online comedy course: <https://www.skillshare.com/browse/comedy>
20. Act like a kid again: use your imagination, make up a silly story, go to the zoo, head to an amusement park—the possibilities are endless! According to the Association for Applied and Therapeutic Humor, adults laugh on average 17 times per day and kindergartners over 300 times per day. Aim to find your inner child and have some fun!