



13 Ways to Laugh More¹

Laughing boosts immunity, lowers blood pressure, relieves stress and strengthens relationships. To get more of this free ‘medicine’ try these ideas:

1. Include Laughter in Your Morning Routine. Many of us have a routine that we follow every morning to help set us up to have a great day. How about adding laughter to your morning routine?

One way you can do this is by getting a year-in-a-box calendar that will give you a quick laugh when you glance at the joke for the day. Choose a year-in-a-box calendar that tickles your fancy and put it right next to your alarm clock.

Another idea is to get yourself a joke book and read one joke every morning.

2. Smile More. Yes, smiling is not laughing. However, smiling also has a myriad of benefits. When you smile, happy changes begin to take place automatically, both internally and externally. In addition, you can think of smiling as a warm up for laughing.

One way to remember to smile more is to have smiling cues sprinkled throughout your day. There are a number of ways to do this, including getting yourself a coffee mug that makes you smile. That way, every time you get yourself a cup of coffee you’re reminded to smile.

Here are three more cues you can use to remember to smile:

- ☺ Smile as you step into the shower.
- ☺ Smile every time you’re about to enter your home.
- ☺ Smile every time you open the refrigerator.

3. Befriend a Funny Person. Some people are just naturally funny. They may have a way with words, or they may have a wacky way of looking at the world. These people are gems. If you find one, befriend them immediately.



➡ IMPORTANT NOTE: Don't try this at work!

4. Have a Favorite Comedian. There are lots of great comedians out there, but almost everyone knows of at least one comedian who really appeals to their own particular sense of humor. Choose your favorite comedian and look for some of their comedy routines on YouTube.

5. Have More Fun on Date Night. Keep your relationship strong by laughing more with your partner. On date night, go to a comedy club. If you want to stay in, make some popcorn and watch a funny movie.



6. Read a Funny Book. You can read the classics, but you should also read books just because they're funny. A genuinely funny book is one of life's greatest pleasures.

7. Find a Little Kid You Can Hang Out With. Little kids haven't forgotten how to laugh yet. They'll laugh at just about anything, and there are few things more infectious than a little kid's laugh.

8. Play Fun Games With Friends. Playing competitive party-style games with a group of friends you enjoy hanging out with will have you laughing in no time. There are lots of games you can choose from, including the following:

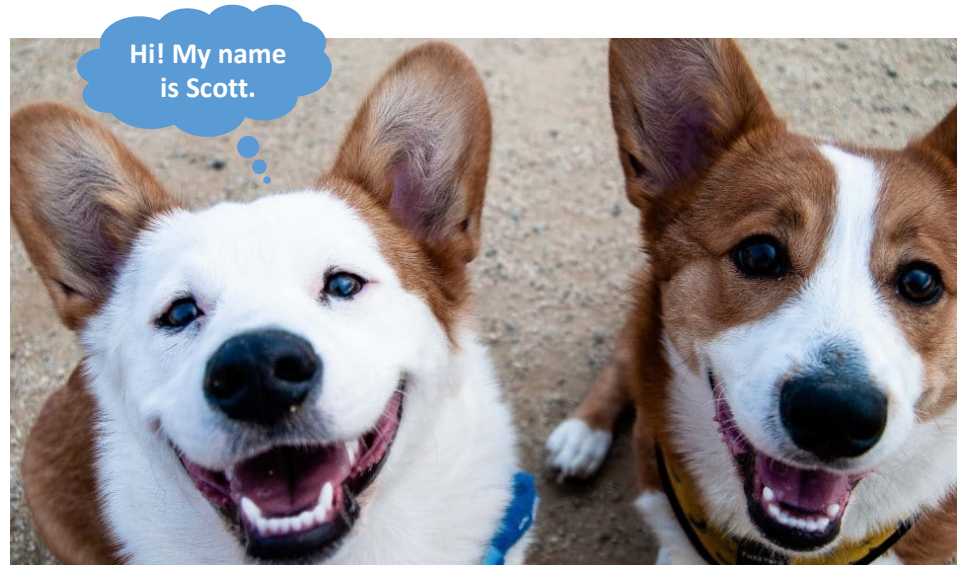
- ☺ Rollick! The Hysterical Team Charades Party Game
- ☺ Apples to Apples

Just set up the game, put out some guacamole and chips, and get ready to laugh 'till it hurts.

9. Laugh at Yourself. Most people take themselves too seriously, which limits their ability to find the humor in difficult situations. In addition, it can make people uptight and overly sensitive to what other people may be thinking of them.

Learning to laugh at yourself takes some of the pressure off, and it will allow you to be more authentic and vulnerable (both of which are desirable character traits). Here are two ways learn how to laugh at yourself:

- ☺ Begin by searching pictures of pets that share your name on Google images.
- ☺ Give yourself permission to be silly. At the right moment, being silly is a plus.
- ☺ Look for the funny side of things. When you're upset over something, ask yourself: "How is this situation funny"? It is a great way to deal with adversity and can turn a negative into a positive.



10. Have a Favorite Comic Strip. A funny cartoon strip is Calvin & Hobbes. The Far Side by Gary Larsen is another classic... and don't forget PEANUTS by Charles, M. Schulz. Buy a book containing your favourite cartoons and then when you need a pick-me up grab the book, sprawl out on your bed or equally cozy spot, and look through them. In a short while you'll be laughing, and soon after may even be able to shake the funk.



11. Start a Scrapbook of Funny Things Your Family Members Say.

Family members are a great source for funny comebacks and sayings. Start a scrapbook to collect the funny things your family does and the things they say. This will make you more aware of their funny moments, which will make you appreciate them more.

12. Put Laughter Quotes or Clean Jokes Up On a Bulletin Board. Put up a bulletin board where you'll be sure to see it often, and fill it with laughter quotes. Here are some to get you started:

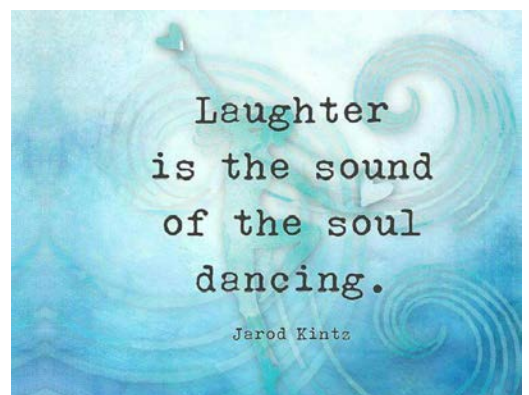
- ☺ "Against the assault of laughter, nothing can stand." — Mark Twain
- ☺ "The most wasted of all days is one without laughter." — E. E. Cummings
- ☺ "If laughter cannot solve your problems, it will definitely dissolve your problems; so that you can think clearly what to do about them." — Dr. Madan Kataria

13. Start a Joke Jar. Do the following:

- ☺ Get a nice jar and some scraps of papers.
- ☺ Find some funny jokes and write them down on the scraps of paper. Ask your family members to do the same.
- ☺ Put the scraps of paper with the jokes written on them in the jar.
- ☺ When you need a laugh, take out a joke, and read it out loud.

Here are some family-friendly jokes to get you started:

- ☺ Q: What do you call a rabbit with fleas? A: Bugs Bunny!
- ☺ Q: Why shouldn't you tell an Easter egg a joke? A: It might crack up!
- ☺ Q: What kind of book does a rabbit like at bedtime? A: One with a "hoppy" ending.



¹Fabrega, M. *How to Laugh More – 22 Ways to Bring More Laughter into Your Life*. Daring to Live Fully. Retrieved and adapted from: <https://daringtolivefully.com/how-to-laugh-more>