



HUMOUR & Laughter



...a tranquilizer with no side effects!

A sense of humor helps you deal with illness, stress & pressures at work & at home. It can dramatically change the quality & outlook of our lives.

What Common Human Activity....

- Relaxes tense muscles?
- Lowers blood pressure & heart rate?
- Exercises the muscles of the face, diaphragm & abdomen?
- Boosts the immune system?
- Causes the body to release pain-fighting hormones?
- Helps relieve stress?

The Answer: Laughter

Laughter is the physical response to humour. It makes us feel good & increases relaxation.



Tips to Keep it Light!

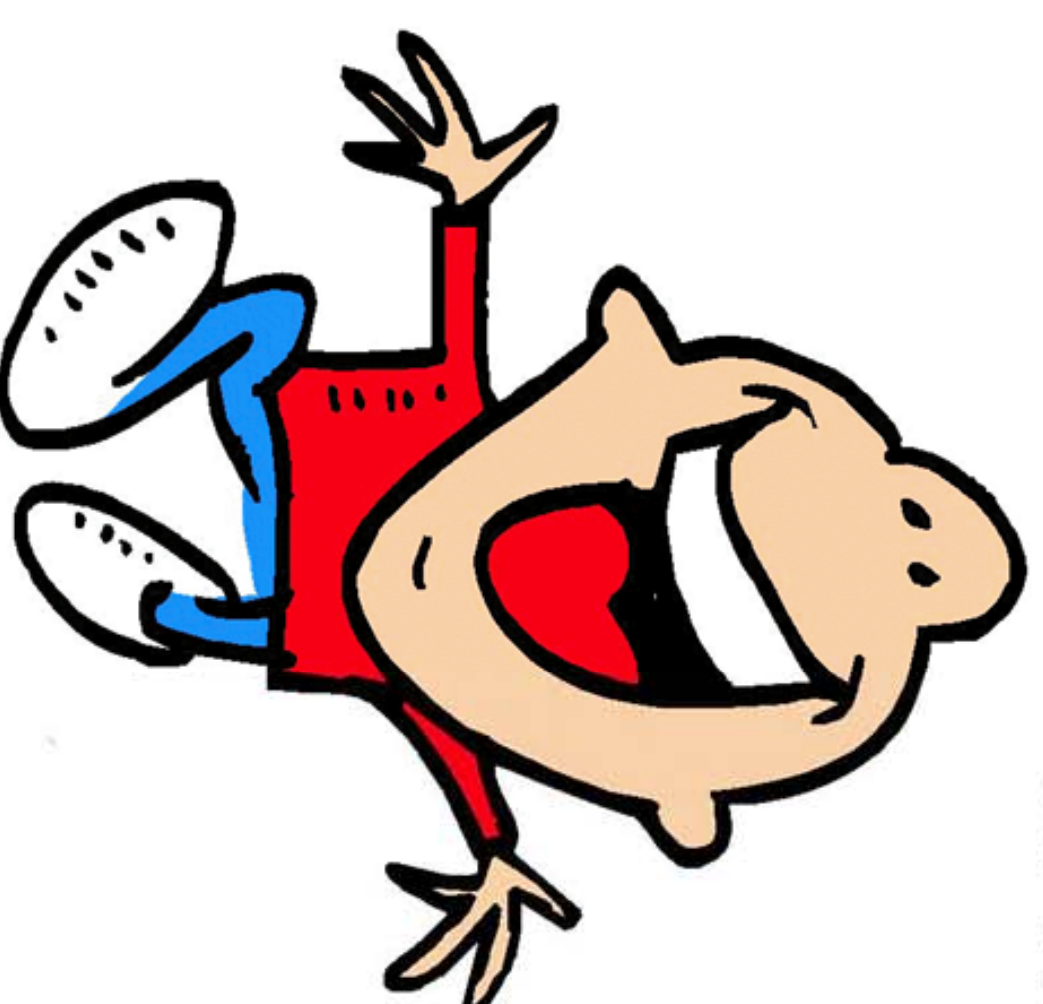
Don't take everything too seriously.

If something is funny, laugh & share with friends.

- **Find things that make you laugh & do them.** See a funny movie, read a funny book, learn a joke & tell friends.
- **When in a stressful situation, think of your favorite comedian.** Humor depends on being able to see the humor where others only see aggravation.
- **Allow a feeling of playfulness to creep into your life.** Let your mind be open to silly thoughts.
- **Practice laughing at yourself** & become more accepting of your own shortcomings.
- **Watch funny movies & television shows** to get laughter in your life when you need it.
- **Find humour in your life.** Instead of complaining about life's frustrations, try to laugh. Maybe one day, you'll look back & laugh - this could be a funny story for your friends.
- **Fake it until you make it.** The body can't tell the different so smile more & fake laugh. This may lead to the real thing.

Sometimes Laughter

Really is the Best Medicine!



For more information or support, contact your local

Mental Health & Addiction Services Office

Mental Health Crisis Line 1-888-737-4668

NL Health Line 1-888-709-2929