



TO YOUR HEALTH

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Making Humor a Habit

WHY HUMOR CAN BENEFIT YOUR OVERALL HEALTH

April is national humor month. Humor month was created to spread awareness about the value humor has on overall health. Finding humor in things, meaning finding and creating laughter, joy, and overall fun can improve health and well-being. Well-being focuses on your happiness, safety, and the comfort you feel regarding your life. Humor can also help your communication skills, boost your morale, find joy and laughter in “the small things,” or life’s disappointments, and make challenging tasks or situations feel a bit lighter. It can be used as a coping mechanism for challenging moments or conversations. Humor is a tool you can use to add joy to your day and keep your endorphins going!

The American Cancer Society defines humor therapy as “the use of humor for the relief of physical or emotional pain or stress. . . a complementary method to promote health and cope with illness.” Laughter can reduce pain by producing endorphins and can strengthen the immune system by increasing the production of T cells. It can also help individuals recharge and reduce cortisol levels - a hormone produced when we are stressed. Laughter can help increase energy by reducing stress factors and providing new perspective in a situation.

Laughter can be known as the best medicine, but what exactly can it do for our bodies? It can reduce pain and discomfort as well as lower blood pressure and blood sugar levels. Emotionally, laughter can create calm and happy mental and emotional states for ourselves as well as those around us. After all, laughter can also be known



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

to be contagious! Laughter can help bring individuals together by breaking the ice. When used appropriately, humor can help de-escalate stressful situations and during conflict to help break tension.

Humor can be underutilized in the workplace because we assume we will not be seen as acting professional. However, small doses can go a long way. While some moments will call for seriousness, think about moments in the workplace that call for humor and laughter to inspire comradery, creativity, and inspiration!

Have you fallen into a pattern of being grumpy? Does this bring others down? How can you utilize humor and laughter to bring joy and ease into the workplace?

WHAT ARE WAYS TO ADD HUMOR IN YOUR LIFE AND CELEBRATE NATIONAL HUMOR MONTH?

- » Read a joke each day of the month, then tell it!
- » Create a laugh list - life can be challenging. Take a moment each day to jot down an experience that was humorous for you
- » Reflect with your family, friends, and coworkers about funny moments
- » Don't forget to laugh at yourself!

Humor can positively impact your overall well-being. If you feel you need a boost of morale, use the tips listed to improve your physical, mental, and emotional state. Not only can you help yourself, but you can help others around you by adding humor and laughter everywhere you go.



REFERENCES

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