

WAYS TO KEEP HUMOUR IN YOUR LIFE

1. Create a joke basket. Invite family members to collect jokes, comics and funny stories.
2. Post a quote/joke. Each day/week, post a funny comic, joke, quote, on the fridge, in the bathroom ...
3. Collect funny books, magazines, movies, photos etc. and have available for everyone to read/look at.
4. At work, have a silly hat day, silly socks day, silly pin day ...
5. Sing a song! Make up your own song and belt it out!
6. Keep a clown nose in your car. This will help prevent road rage!
7. Tap dance (this is a very effective short-term coping tool when you are fed up, frustrated, confused and just don't know what to do with yourself).
8. Ask for standing ovation. (This is particularly useful when you've messed up in some way and need support. Let's say your car broke down, you were late for work and you got grease/oil all over your clothes ... Imagine walking into work and just calling out: "My car broke down, I'm full of grease and I'm late ... will somebody give me a standing ovation!")
9. Keep a variety of funny props available. Balloons, whistles, Groucho Marx glasses, clown nose, playdoh, party hats, party horns, bubbles ... Anything that could be used in a moment of tension, conflict, difficulty, to briefly shift the focus.
10. Leave a silly joke on someone's voice mail.
11. Send friends funny cards for no particular reason. You never know how timely such a thoughtful little gesture might be.
12. Laugh out loud every day, even if there doesn't seem to be anything funny.
13. Do some HUMOROBICS – Smile your widest smile, Frown your deepest frown. Repeat several times. Take note of how each position feels. Try doing a series of HAHAAHOOHOHOHEHEHE. Repeat several times or sing them to a simple melody like Jingle Bells.
14. Create your own personalized "HOWL OF JOY". Just think back when you were a kid and something really excited you. As kids, we were very free to let out a YIPEE! Or HOORAY! When was the last time you cried out at the top of your voice YIPEE!!! Howling is a lot of fun too. It stretches the vocal chords, which relaxes them, it dispels tension and it most likely will make it very difficult for you not to have a smile on your face when you finish your HOWL.
15. At work, create a "JOY COMMITTEE". This group will be responsible for ensuring that your work place fosters and nurtures humor in the workplace. (Many of the above suggestions can be applied to your work settings).
16. Go to the nearest photo booth and take a series of absolutely silly pictures of yourself doing silly faces. Keep these pictures in your wallet, mount them in your car like a taxi-driver license, post them in your office. Just a reminder not to take yourself so seriously.