

Wellness Culture

April Observance: National Humor Month

Key Information: In 1976 this holiday was founded by Larry Wilde. He felt that humor helps improve health, boost morale, increase communication skills and enrich the quality of life. Also, studies have show that laughing decreases stress, which helps a person live longer.

Health Benefits of Humor

A good hearty laugh can:

- **reduce stress** – laughter helps ease muscle tension and psychological stress
- **lower blood pressure** - when people have a good laugh the blood pressure decreases to below their normal levels. Breathing also becomes deeper which sends more nutrients throughout the body.
- **elevate mood**
- **boost immune system** – laughter decreases our stress hormones and increases our infection fighting antibodies.
- **improve brain functioning** – laughter stimulates both sides of the brain which helps enhance learning.
- **protect the heart**
- **connect you to others**
- **foster instant relaxation**
- **make you feel good**

http://www.helpguide.org/life/humor_laughter_health.htm

Tips on using humor to relieve stress:

- ✓ **Take a Humor break** – Read a joke or cartoon before a meeting or a stressful situation. This will help you feel good and help you think clearly.
- ✓ **Laugh at yourself** – It shows that you are self-assured and makes dealing with others easier.
- ✓ **Create a funny file** – Gather your favorite funny cartoon, video, joke books, etc.; when you need a laugh pull a file out and enjoy. You can also create a file on your internet browser by bookmarking your favorite funny websites.

Action Steps Made Easy:

1. Make someone's day by smiling at them. Smiling is the beginning of laughter.
2. Make a list of all the good things in your life. Focus on the positive and that will help in times of sadness.
3. Spend more time with people who have embraced humor into their life.

Life Impact: If laughter is the best medicine, where is the pharmacy where we can fill our prescriptions?

Resources: <http://elitevas.wordpress.com/2007/04/04/april-is-national-humor-month/>; <http://www.larrywilde.com/month.htm>;
http://www.helpguide.org/life/humor_laughter_health.htm



Schools Insurance Authority, Prevention Services
P.O. Box 276710 ● Sacramento, CA 95827
(916) 364-1281 ● (916) 362-0904 fax ● www.sia-jpa.org

WETIP
WWW.WETIP.COM
1-800-78-CRIME