



FAMILIES

TACKLING TOUGH TIMES

TOGETHER

Wellness Wednesday

Are you looking for something to help you get through difficult times? Try a little laughter! No joke, it is a great way to relieve stress. Laughing also has cognitive benefits. For example, watching a funny video is linked to improvements in short-term memory in older adults. Shared laughter can help boost a sense of connection to others and improve the quality and closeness of relationships. Children have been found to laugh eight times as much when they were with another child, rather than when they were watching a cartoon on their own. Laughter can also create positive emotions that have been found to release endorphins, which help relieve stress and pain. You might be wondering what you can do to put more laughter back into your life.

Simple Ways to Laugh More

- Watch funny videos. Take a few minutes to watch some feel-good or funny videos on TikTok or YouTube. Kid President gives some advice about laughing in his Letter to a Person on Their First Day Here video.
- Search for “comedy” on Pandora, Spotify, or through streaming options on the TV. Search for shows or comedy skits to listen to or watch.
- Start a gratitude journal. By focusing on what you’re grateful for, you can focus on joy, and possibly bring more laughter into your life.
- If you have young children, play a game of peek-a-boo to get the whole family laughing together.
- Watch funny animal videos or spend time with pets. Watching funny kitten and puppy videos have been shown to improve focus and can help you laugh more.
- Do something funny or silly, either by yourself or with someone in your family. For example, draw a silly picture, go outside to roll down a hill, make a snow angel, try some cartwheels, or start skipping.
- Is social media bringing you too much negative feedback and bringing you down? Remove negativity from your daily life. Consider taking a break from social media or removing some of the negative feedback. Shift your focus to what is positive.
- Listen to music, sing out loud, and/or dance. Play some music and start a dance party with yourself, your family, or your pets.

Dimensions of Wellness Related to Laughing More

- Physical
- Emotional
- Social
- Intellectual
- Environmental (if spending time outdoors)

