



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)

