



Humor



Incorporating humor into life can make it so much fun. And it will reduce stress. And make any situation bearable. My two favorite forms of humor: 1) finding the funny in everyday life situations and 2) comedy.

Finding the funny: laugh about things, about life, about yourself. (Not at others. That's not humor. That's just mean.) You can find humor in situations if you look for it. And laughing about things is really so much better than letting frustration or sadness get the best of you.

Comedy: I've noticed that a good sit-com or stand-up routine can be the perfect antidote to the blues. Since there are so many different types of comedy . . . try a variety and see what type appeals to you.