

Changing the World One red Nose at a time



**STOP BEING
CRANKY!
IMPROVE YOUR
HQ (HUMOR
QUOTIENT)**



**“Eat a live toad first
thing in the morning,
and nothing worse
can happen to you
the rest of the day!”**

1) Isn't it time for a good laugh?

Sometimes those laughs are hard to come by. It's a fact that if you'll look for ways to put just a little more laughter into your life, you'll find life less stressful. Don't let the funny stuff get away. Collect great funny sayings and share them but DON'T throw them on the Internet in a forwarded list, which nobody reads anyway. Instead, share just one or two day

brighteners at a time. Give folks a chance to respond. Collect tidbits that make you smile and share, one friend at a time. These will get you started:

“To err is human, but when the eraser wears out ahead of the pencil, you're overdoing it.”

“Please don't tell me to relax. It's only my nerves that are holding me together.”

2) Start a collection.

Start a collection of toys, buttons, and t-shirts. You can only wear so many -shirts but you can sew them together to make a quilt, wall hanging decorative pillow, or car seat cover.

3) Keep a laugh diary.

Any small handy notebook will do. I carry plain old file cards in an old Walkman case. It was made in China. That strikes me as funny. Carry it everywhere. Jot down events and give them a funny twist. Add something every day.

Conscious humor is a question of developing three important humor skills

- The ability to see the absurdity in difficult situations.
- The ability to take yourself lightly while taking your life purpose seriously.
- A disciplined sense of joy in being alive.

4) Don't let wrinkles set. Take frequent laugh breaks at work or home.

Sometimes it's easy to laugh, when the grandkids visit or you're with friends, for instance. But do you find that sometimes days go by without your enjoyment of even one hearty laugh.

Researchers have found that short, three-minute laugh breaks, every two hours, help to restore creativity, clear thinking, and build stamina. Most important, laughter breaks on a regular basis helps employees maintain their perspective so that they can respond effectively when a major crisis or important project deadline occurs.

"We've found that if people take time to loosen up once or twice a day, they are more productive, they get along better with their co-workers and in general are more creative."

Dr. George Vaillant of Harvard Medical School writes that humor is one of the five mature coping mechanisms used by successful professionals in stressful times.

Author Gail Sheehy in **Passages** reported that the ability to see humor in a situation, used as protection against change and uncertainty is one of the major coping devices that gets people through life crises.



Need a laugh? Try putting on a red nose. It will change the way you look at things.

5) Help create reverse paranoia.

You know that paranoia is the feeling that everybody is out to get you, even the recorded people on the telephone. Reverse Paranoia refers to people who suspect the world is out to do them good. Do spontaneous or unexpected good deeds for friends - or strangers. You can speed up the process by turning off the television news, which will only make you believe that nobody is out to do anybody good.

6) Know what makes you laugh.

I've started a collection that includes a battling nun puppet, a pop eyed Martian squeeze-toy, and a book of what happened to Dick and Jane after they grew up. Dick is a systems analyst and you'll never guess what happened to Jane.

7) Do Ho-Ho-Ho-Aerobics.

Every morning look at yourself as you stand in front of the bathroom mirror. This may cause you to break into uncontrollable laughter, but if it doesn't, take a deep breath and breathe out with a hearty, Ho, ho, h o. Just like Santa - repeat until you're laughing spontaneously. Shouldn't take long. As the kids are fond of saying, Fake it till you make it. I don't know why they say that.

8) Create Your Own Stress Management Techniques.

Like this: Go into a room, shut the door and scream as loud as you can. I had an instructor in assertiveness training who said to do this and see how good it makes you feel.

OR

Carry a tennis racket and a fat pillow to work. Shut the door and beat heck out of the pillow.

AND

If you feel yourself getting angry, get outside and take a walk. The executive secretary at the City Club Portland told me she does this - and she's in marvelous shape.

9) Have a collection of quotes.

You can throw in an appropriate, funny quote at a board meeting, in conversation, at a presentation. George Bernard Shaw said, "I often quote myself. It adds spice to my conversation."

Try these:

"People who say they sleep like a baby usually don't have one."

"H.S.I.O.W. - Holy cow! It's only Wednesday!" -George Carlin

"It's better to have loved and lost than to do ten loads of laundry a week."

10) Finally...

Let no day go by without finding at least one Great Moment. At the end of every day, stop and ask yourself, "What went right today? That creates an interior sense of laughter that keeps you going no matter what goes wrong.



We All Love to Laugh But Be Sure You Use Safe Humor

Characteristics of SAFE Humor:

- SAFE Humor Laughs at itself,
- Decreases Tensions
- Builds Confidence
- Involves others in enjoyment
- Is directed at the situation
- Is not at persons or personal traits

Characteristics of UNSAFE Humor:

- Laughs at Others
- Increases tensions
- Destroys others sense of self worth
- Excludes others
- Is directed at persons and character traits
- Comes from put-downs.

WHAT CAN YOU DEPEND ON TO MAKE YOU
LAUGH, EVEN WHEN THE WORLD LOOKS DISMAL?

I want to hear about it. Write to me at:

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