

Putting Humor to Work for You

If you develop and use a sense of humor, if you can see the absurdities, if you can access the playful part of your nature, then life will show up as much more fun. Really, it will!

Of course, if you choose to view life as grim and filled with negative stress, that is how it will be for you. Creating wellness in this area begins with finding the humor in life first! One way to start is to become a “gold miner.” No, not as in the California Gold Rush of ‘49... as in becoming proficient at finding the golden nuggets of humor all around you! If you focus on the lighter side of the human experience and allow levity to defy gravity, your spirits will soar. Using humor to improve your life means accepting the inconsistencies in human behavior—yours, your family’s, your co-workers, people in the street or the mall, people everywhere - and being charmed by these human foibles and frailties rather than appalled by them. Laugh inside when appropriate, laugh out loud when you want to share your observations, but always in a good-hearted way, and watch your world change! Steven Sultanoff, Ph.D., author of *Therapeutic Humor*, says: “Humor is one of the healthiest and most powerful methods of providing perspective on life’s difficult experiences.”

Consider doing this: The next time you find yourself feeling negative stress, examine exactly what it is you are really feeling. Take a mental body inventory. Where are you tense? Is your breathing shallow? Do you feel frozen or boiling inside? Once you learn to recognize this unhealthy state, observe it objectively. Identify and acknowledge the situation that triggered your response. Realize that, although you may not have created the situation, you absolutely created your response and, therefore, you have the power to *change* your response. This is an opportunity to put humor to Creating Wellness in The Psychological Dimension work. Use your creative self to put a smile on your face. Will a joke work? An anecdote? Making light of the situation? Trust your intuition. There is humor in everything and everybody just waiting to be triggered. Find the angle. Be courageous and go for it. Feel your body change as your thought process changes, and appreciate the power that your humor has to eliminate unhealthy negative stress.

We can help you reach your goals with Creating Wellness! Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that, if improved, will allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

We thank Claire Carter of the Creating Wellness team for her input into this weeks’ wellness tip.

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