

THE POWER OF LAUGHTER

Worksheet

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LAUGHTER IS GOOD FOR YOUR PHYSICAL HEALTH

What are some ways I can find opportunities to laugh more each day?

(i.e. Watch funny movies, play with kittens or puppies, look for humor in everyday situations)

LAUGHTER IMPROVES YOUR MENTAL HEALTH

What tend to put me in a better mood?

LAUGHING STRENGTHENS RELATIONSHIPS

How can I bring more playfulness and humor into my relationships?

LAUGHTER AT WORK

What can I do at work to lighten the mood?

LAUGHTER AT HOME

What can I do to bring more laughter into my home?

(i.e. Play more games, read funny stories, watch funny movies together)

LAUGHTER WITH FRIENDS

What are some unique ideas to have more fun with my friends?

LAUGHTER WHILE NETWORKING

How can I break the ice with some natural humor?