

Ways to bring more laughter in to your life:

T.V. and movies: There's no shortage of laughter opportunities from the entertainment, both at the theater and in the aisles of the video stores, as well as at home with T.V. comedies. While wasting your time watching something marginally funny may actually frustrate you, watching truly hilarious movies and shows is an easy way to get laughter into your life whenever you need it.

Laugh with friends: Going to a movie or comedy club with friends is a great way to get more laughter in your life. The contagious effects of laughter may mean you'll laugh more than you otherwise would have during the show, plus you'll have jokes to reference at later times. Having friends over for a party or game night is also a great setup for laughter and other good feelings.

Find the funny: Instead of complaining about life's frustrations, try to laugh about them. If something is so frustrating or depressing it's ridiculous, realize that you could 'look back on it and laugh.' Think of how it will sound as a story you could tell to your friends, and then see if you can laugh about it now. With this attitude, you may also find yourself being more lighthearted and silly, giving yourself and those around you more to laugh about. Approach life in a more mirthful way and you'll find you're less stressed about negative events, and you'll achieve the health benefits of laughter.

Fake it until you make it: Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above. The body can't distinguish between 'fake' laughter that you just start doing on purpose, and 'real' laughter that comes from true humor--the physical benefits are exactly the same, and the former usually leads to the latter anyway. So smile more; and fake laughter; you'll still achieve positive effects, and the fake merriment may lead to real smiles and laughter.