














TIPS & TACTICS FOR USING HUMOR MORE CONFIDENTLY

-  Find and display a picture of yourself smiling or laughing out loud. Use it as a mirror.
-  Take notice of what you find humorous. What you smile and laugh at are the clues to where your sense of humor lies. Trust in yourself. Don't judge your sense of humor solely by the opinions of others.
-  Gather humor where you find it so you can have it when you need it. Use a notebook or recorder to hold on to the things that make you laugh. Keep a humor diary. You will be amazed at how much laughter comes into your life already.
-  To your memory, an emotion is as real as the actual event. By focusing on the symbols & representations of the things that make you happy, you create REAL feelings. Carry a happiness symbol (photo, souvenir) with you. Look at it for 30 seconds when you need a smile or a distraction.
-  Show your sense of humor in subtle but visible ways - the clothes and accessories you wear, what you place in your home or workspace, quotes or cartoons in your correspondence.
-  Search for the happiness in others. Know what makes the people in your life happy. The more you make others laugh, the more joy will come back to you. As you expand your sense of humor and show the world you are willing to take risks with it, you will find others will desire to make you laugh.
-  Get a humor buddy and regularly connect with that person to share humor. This is both more vital and more accessible during social-distancing.
-  Laughter dissolves tension because laughter and tension cannot exist in your body at the same time. As a result, humor is a wonderful stress manager.
-  A sense of humor is more the ability to perceive incongruity or ambiguity in a situation than the ability to tell jokes. A laugh is your body's way of saying, "aha! I didn't expect that result, but it makes sense to me now."
-  Don't take yourself too seriously. Celebrate your individuality and your foibles. Learn to laugh with compassion at yourself and the things you do.
-  "A lot of truth is said in jest." Therefore, the phrase, "just kidding" doesn't necessarily mean, "I didn't mean what I said."
-  Negative humor, such as sarcasm or ethnic humor, needs a victim. Positive humor fosters equality by focusing on shared experiences.
-  Humor is a skill. As such it needs to be practiced. The more you practice, the better you will become.