

Personal Reflection Exercises...

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There are many ways I cope with stress. Although relaxation and meditation are strong against stress, **my favorite anti-stress agent is laughter.** I love to laugh! I allow myself to laugh even in the midst of anxiety.

Life must be enjoyed. I take life with a grain of salt and live life without taking it too seriously.

Laughter is often said to be the best medicine. A shot of laughter can change my outlook and help me cope with stressful times. It unbridles me when I can't see past my situation.

Instead of allowing stress to damage my spirit, **I use laughter to turn stress into fuel.** When I laugh in the midst of a stressful time, I confuse my adversaries. Taking time to laugh during a stressful situation helps me relax and regain focus.

When I laugh at myself, I send myself a message of acceptance. I tell myself that it is okay to be human. I also send a message to those around me that I can let my hair down. In turn, others feel comfortable around me.

I know where I can go for a good laugh. When I am alone, I recall funny events in my life that I could never forget. Other times, I find something humorous to read. When necessary, I look for hilarious videos on the internet or in my video library.

Whether it is a quick chuckle to get me through an hour or a laugh out loud, tear-jerking cackle, laughter is my medicine of choice.

Self-Reflection Questions:

1. When was the last time I put my responsibilities on hold and laughed out loud?
2. How can I use laughter to relieve my stress?
3. What are the things that make me laugh?