

WORKPLACE WISDOM NEWSLETTER

Laughter Feels So Good!

Laugh until you cry!
Laugh until your stomach hurts!
Laugh until you can't catch your breath!

How often do you do that, my friend?
Or maybe, the question is **WHEN** was the last time you did that?

Physicians and psychiatrists know laughter is quite healthy.

- It reduces pain as our bodies produce pain-killing hormones called endorphins.
- It good belly laugh increases the ability of our immune system.
- It decreases stress by lowering cortisol levels and ushering in relaxation.
- It helps our mental state by helping to make our trials seem smaller.
- It helps relieve our anxiety and fear.
- It allows us to take ourselves less seriously.
- It triggers our creativity.

So, what are some ways to put laughter into your habits?

- **FIRST**, laugh at yourself. You **ARE** funny, you know.
- When something goes wrong, exaggerate it and blow it out of proportion until it becomes really funny.
- Watch humorous shows on television. Look for ones that make you laugh out loud.
- Be on the lookout for your own **FUNNY** real-life stories. Tell them!
- Position your mind to see something humorous in a meeting, on the news, in your home.
- Develop an inner desire to "cheer up" people -- to lighten the burden they are bearing.
- Tell truly funny jokes that cause people to laugh.
- Always be "ready to laugh". (Do away with the "frozen frown".)
- Keep your distance from "kermudgens". They're the "TERMINATORS" of laughter.

What message does a **LAUGHLESS** and **SOMBER** demeanor send?

- "Don't joke around. The world is deadly serious."
No, not always. Sometimes, stuff is funny.
- "You're so stupid for laughing! This is serious."
No, I'm not stupid. I DO see humor here.
- "You don't see the **WHOLE** picture!"
Perhaps not, but I DO see something funny.

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MY OWN TRUE LAUGHABLE STORY

*My husband and I were driving to Florida several years ago during an extended rainy season. We were driving a large maxi-van; he was asleep on the long, backseat bench in the far rear of the van. I stopped at a roadside rest-stop; left the motor running so he would stay cool; went in/came back in about 3 minutes. I glanced into that far back bench seat and saw a "khaki-colored fabric" (his pants) and believed he was still back there snoozing. I drove for one hour before getting a call on my cell phone from a strange male voice saying, "**Are you aware that Ed is NOT in that van???**" Then uproarious laughter broke out from the unknown callers on the cell phone! Before I started to indignantly argue with this rude stranger, I glanced in the back of our van. **HORRORS!** The "khaki color" was a pillow...**NOT MY HUSBAND!** I was in that van **ALONE** nearing the Louisiana border, and my husband was back in East Texas at some roadside park that I might never find again.*

*....the laughter came when I finally, one hour later, arrived at that hot, dusty roadside park to pick up my beloved. Now, realize, that I had been **CREATIVELY THINKING** for **ONE HOUR** what I would say...and what HE would say...when we met. It had all the potential to be an ugly moment, you know.*

*...so, this is what I burst out saying, "**Honey, hurry and get in! I've been all the way to the Louisiana border checking the rivers, creeks, bridges and inlets. The water is rising, but if you get in NOW, we can just make it before the waters come over the road! Oh, honey! Hurry! I love you so! Get in!**"*

*....he broke out in a huge smile and laughter followed. It "**cracked him up!**", as they say. (Humor saved my marriage that day, I'm convinced!)*

**That is just ONE of my many laughable lifetime stories.
I have dozens -- maybe, even hundreds!**

**OUR FAMILY LAUGHS A LOT.
MY FRIENDS AND I LAUGH A LOT.
PARTICIPANTS IN MY WORKSHOPS LAUGH A LOT.**

**Sue, I'll tell you as honestly as I know how,
EVEN IN THE MIDST OF HEARTACHE AND PAIN IN MY LIFE,
I have been able to laugh at something.**

**If I could help you in just ONE WAY over these next months,
I would like to encourage you to laugh.**

"Laughter is an instant vacation." - Milton Berle

Laugh for your own well being...and...laugh to inspire others.

**One of the nicest things you can do for someone
who has been through much trouble,
is to help them laugh again.**

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- **The more you laugh, the more calories you burn.**
- **The more you laugh, the longer you will live.**
- **The more you laugh, the more endorphins (GOOD STUFF) you produce.**
- **The more you laugh, the less cortisol (BAD STUFF) you produce.**

So, Sue, find ways to laugh more.

Laugh at your pet. Laugh at the groceries rolling around in your trunk. Laugh at trying to get to work on time. Laugh at falling asleep. Laugh at two unmatched socks. Laugh at stuff that would ordinarily make you mad. Laugh at stuff that ordinarily make you sad. Find the laughter!

**I know there is plenty to be serious about.
I also know there is plenty to laugh about.**

**First, you must BELIEVE laughter is good.
Secondly, you must DECIDE to laugh more.
Thirdly, just DO it!**

"The most wasted of all days is the one without laughter." E.E. Cummings

Will you, PLEASE, help me out when I see you?

**Lighten up! Be laughable and enjoyable...
(and tell me you read my *"Husband Left Behind Story"*!)**

I will laugh!

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