

together and increases happiness and intimacy.

One essential characteristic that helps us laugh is not taking ourselves too seriously. We've all known the classic tight-jawed grouch who takes everything with deathly seriousness and never laughs at anything, at all----that, is no fun. Laugh at yourself----share your embarrassing moments. The best way to take ourselves less seriously is to talk about times when we took ourselves too seriously. Surround yourself with reminders to lighten you up. Deal with your stress. You know that stress is a major hindrance to humor and laughter. Pay attention to children and imitate them. They are the experts on playing, taking life lightly, and of course, laughing. Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways, helps you retain this creative ability and often transform it into an opportunity to laugh and play. The ability to laugh, play, and have fun with others not only makes life more enjoyable, it also helps solve problems, connects with others and be more creative. People who incorporate humor and play into their daily lives, find that it revives them and all their relationships.

As laughter, humor, and play become an integrated part of your life, your creativity will flourish and new discoveries for playing with friends, co-workers, acquaintances, and loved ones will occur to you daily. Humor takes you to a higher level where you can view the world from a relaxed, positive, creative, joyful, and balance perspective.

And as Cheryl Oberg said, " Laughter is one of those tools that help to put away fears. When you're laughing, the negative emotions fade away. Laughter is like your built-in medicine cabinet." Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do. And best of all----this priceless medicine is fun, free, and easy to use.

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