1. Introduction
   1. Quote about laughter being the best medicine
   2. Tie in into how we use humor to disosociate are selfs from real lige
   3. Make fun of are selfs
   4. To laugh about something we did back in the day ?
2. First paragraph
   1. People in high stress work place need humor to cope  extreme emotional stress
   2. Talking about doctors using humor to get over the everyday death
   3. Quote
3. Second paragraph
   1. Laughing as coping
   2. Laugh at are selfs to cope
4. Third paragraph
   1. Lighten up uncomfortable situations

Another idea

Three factors that make you funny

Timing- timing is key

Creditability – if you’re a comedian you can joke about more stuff then a regular person

How do I use humor?

We all use humor

"If I had no sense of humor, I should long ago have committed  suicide."

(Mohandas K. Gandhi)

Humor is one of the best ways we can relieve stress and maintain perspective

Without humor