Week 3 Lab:

Emotion, Humour, and Laughter

The purpose of this activity is to give you a break from all things serious by enjoying your old favourite or a new funny video. Complete this activity by viewing the funniest movie or TV show you can think of. If you don’t have the time, you can choose something short like a YouTube video, clips from stand-up comedy, etc.

**Description:**(Please do not copy and paste show descriptions from the Internet- use your own words.)

1. What did you watch? (Optional: provide a link so I can watch too!)

A clip from Tim Robinson’s show ***I Think You Should Leave*** on Netflix: <https://www.youtube.com/watch?v=ploHR84-9UA>  
  
The clip is from Season 3 of the show and it is a parody of shows like the bachelor (I think… I have never watched an episode of the bachelor in full).

1. Why did you choose it or why was it so funny?  
     
   I chose it because I have watched this show 4 times now and the style of comedy never gets old for me. I call it “Stupid funny”.  
   I find the clip amusing since Tim puts so much interest in a small zipline that goes over a pool when that is so far from the purpose of the show. When on the “chopping-block” he acts as if he didn’t do anything he was accused of, but the flashbacks clearly show the accusations are true. He tries so hard to allow himself to keep doing something that is so unimportant, and I find that hilarious.

**Part 1: Reflection:**

1. How did your stress level change as a result of watching the video?  
     
   My stress level definitely lowered as it took my attention away from work, deadlines, and plans that are coming up.
2. How effective do you think this method is in the long term to cope with stress?   
     
   I think it is fairly effective for long term coping due because comedic pieces like these are very easy to watch. However, it is a distraction from the issues, not a logical resolution nor progress towards the tasks or issues that are causing the stress in the first place. Comedy can be used to keep yourself from tipping over the edge, but other methods to cope have to be used along with or in place of comedy sometimes.

1. What are some situations where it might be inappropriate to use humour to cope with stress? Give an example.

A few situations where it might be inappropriate to use humour to cope with stress are certain points of funerals and other serious events such as important meetings

**Part 2: Connection to this Week’s Material**

1. Briefly summarize your understanding about the mind/body connection (2-3 sentences) from the lecture this week.

The way that we perceive events, in our minds, can change the way that our body feels. When we believe something to be negative, we can induce stress symptoms and/or reduce our body’s immune system. On the contrary, when we believe something to be positive or funny, we can recover from stress symptoms and promote a strong immune system.

1. How does humour play a role in the mind/body connection?

Introducing humour into our lives often allows us to have a higher baseline of happiness which can make negative or stressful times less impactful on our moods. Our moods change how we perceive events and since laughing is indicative of having a good time, when we are laughing / happy we are more likely to find the positive side of an overly negative event.

**Bonus Question:**

* Share your favourite joke! It can be a short one-liner or even a short story, I’d love to hear it!

I spent 30 minutes thinking of what my favourite joke is, but I think my humour doesn’t align with a typical joke. It’s more absurdism that I find funny.