

## **Humor: Laughing At Yourself**

You have probably heard that laughter is the best medicine. This is true, and it can be a very powerful tool to help us shift our emotional state and our perspective. In fact, when we bring humor into the equation it stimulates different parts of our brain that actually help us critically think, solve problems more effectively, be more creative, increase motivation and energy, and just puts us in a better mental and physical state. Many times we take ourselves too seriously, which then creates unnecessary pressure and stress. However, ask yourself, is it really serving you? Is putting more pressure on yourself and making the situation bigger than it is helping you in any way?

### **Laughing at Yourself**

One of the best things that we can do to release the pressure and stress is create humor and laugh at our own thoughts. Have you ever heard someone (or yourself) say something that is so ridiculous that you start laughing? You can laugh at your own mind when it is saying ridiculous things, too. By laughing at your own ridiculous thinking, you can shift some of the belief systems you may be carrying around that don't serve you. When you stop taking them so seriously, they lose their effect on you.

### **Adding Humor**

If you find that you can't find humor in something that's bothering you, you can make it ridiculous by adding an element to it that makes it less serious.

For example, if you were considering doing public speaking (a common fear) you may be thinking, "What if I forget what I am going to say in my presentation and make a fool out of myself?" Lighten the mood by thinking, "Yea, and then a space ship comes down and takes me away." It may not be funny, but what you are doing is associating the original statement with something that the mind will find ridiculous. By doing this, you help your mind not take the doubt too serious, since it knows that the spaceship will not come. Your mind judges the spaceship as ridiculous and, therefore, it shifts how you feel about forgetting—and it sees it as just as ridiculous.

The brain works through associations, so the more we can discredit ridiculous statements (through humor), even if they are possible, the less the mind will give attention to them.

In what areas of your life do you take yourself too seriously and sometimes beat yourself up for?

In what ways do you exaggerate situations or make them a bigger deal than they need to be?

How does that affect you emotionally?

How can you view the situation differently?

How can you find humor in it or discredit the statement, and therefore laugh at your ridiculousness?

How can you add humor to it to make it ridiculous?