

# APRIL IS NATIONAL HUMOR MONTH, SO "UP YOUR LAUGHTER QUOTIENT."



**L**AUGH LONG AND LOUD. A robust rib-rattler improves not only your mood, but also your health. The physical act of laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity when the world gets a little crazy.

**A**DMIT YOU'RE HUMAN...laugh at yourself. People who have mastered Living-101 take their work seriously but not themselves. Knowing the difference gives you the keys to the kingdom.

**U**P YOUR LAUGHTER QUOTIENT. Nothing may be more important to your health and happiness. It has been said the average American laughs 15 times daily. SO eat your broccoli and get a megadose of Vitamin L every day.

**G**ENERATE MIRTH wherever you go. Good humor is the best social lubricant. It smoothes understanding, communication and cooperation. Make it your mission to elicit as many smiles as you can each day.

**H**ELP YOURSELF SUCCEED without stressing out. Humor is nature's antidote for



tension. Let it be your secret weapon when you're

up to your eyeballs in alligators. It's fast, it's fun, it's free. No other stress buster can make this claim!

**T**AKE YOUR FUNNY BONE TO WORK (or to the Senior Center). Instigate laughter on the job. Treating co-workers with respect and a sense of mirth does miracles for teamwork and trust.

**E**MBRACE THE NOTION that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt. Follow the lead of Lincoln, Reagan and JFK who knew that humor is vital in overcoming adversity.



**REMEMBER THAT LAUGHTER and longevity go hand in hand. Grumps don't live longer—it just seems like it. A buoyant outlook may be more important than oat bran and pushups, and it's a lot easier to take. So get in the zone: Love life, laugh a lot, last longer.**

Reprinted with permission. © 2004 by Larry Wilde, author of *When You're Up To Your Eyeballs in Alligators*-Jester Press, and founder of National Humor

National  
Humor  
Month  
(April)

