

MIRTHMAKING

The Power of Humor



MIRTH IS GLADNESS ACCOMPANIED WITH LAUGHTER

**HUMOR HELPS MANAGE STRESS, BUILD RELATIONSHIPS,
ENHANCE CREATIVITY, AND INCREASE YOUR LIFE SPAN**

YOUR SENSE OF HUMOR IS A SENSE OF PERSPECTIVE

**HUMOR GIVES YOU DISTANCE FROM A PROBLEM,
YOU SEE MORE OPTIONS WHEN VIEWED FROM A DISTANCE**

**YOUR SENSE OF HUMOR REDUCES TENSION BETWEEN PEOPLE
AND HELPS RESOLVE CONFLICT, YOU CAN'T BE MAD AT SOMEONE
AND LAUGH WITH THEM AT THE SAME TIME**

**CREATIVITY AND HUMOR ARE NEARLY SYNONYMOUS,
CREATIVITY IS THE AH-HA, HUMOR IS THE HA-HA**

LAUGHTER INCREASES BLOOD FLOW AND CAUSES THE PRODUCTION OF ENDORPHINS

**YOU DON'T STOP PLAYING BECAUSE YOU GROW OLD,
YOU GROW OLD BECAUSE YOU STOP PLAYING**

A CHILD BELLY LAUGHS 200 TIMES A DAY, AN ADULT ONLY 15 A DAY

**STEVE ALLEN SAID THE BRAIN IS A COMEDY ROOM,
MOST OF US ARE ON THE FLOOR, WE NEED TO TRY TO REACH THE CEILING**

**WE NEED TO TUNE IN OUR COMEDY CHANNEL:
WAS HUMPTY DUMPTY'S MOM A GREAT BIG CHICKEN?**

**ADOPT A QUESTIONING ATTITUDE...
WHY DO WE CALL IT A LUCKY RABBIT'S FOOT, HOW DID IT WORK OUT FOR THE RABBIT?**

LOUIS LAMOUR SAID, THE TRAIL IS THE THING, NOT THE END OF THE TRAIL

IN OTHER WORDS....MAKE MIRTH!!!

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