
Add Laughter to
Your Day

Adding Laughter to Your Daily Life

Humor is a powerful way to bring more laughter, lightness, and joy into your life. Researchers have found that humor is an important way to create connection with others. You are 30 times more likely to laugh with other people than when you are alone. Laughter has positive effects on your body by acting as a signal that you are relaxed and safe. When you laugh, your brain “decides” that everything is good and there is no need to be in survival mode.

This worksheet will help you reflect on funny things that happen throughout your day to add playfulness and laughter to your daily routine. Doing this activity daily for just one week has been shown to increase resilience and reduce depression.

What to Do

For one week, it takes 10 minutes each day to complete the following activity. You will need a

notebook or journal and pen, or you may use the “notes” function on your smartphone.

1. At the end of each day, write down or type three funny things you experienced, witnessed, or heard, and describe how they made you feel. If you have a hard time remembering anything funny, search for “funny videos” on the Internet or watch a light comedy.

2. Next, write down why you found each thing funny. Also note who you were with: were you with friends, coworkers, or family? Were you alone? Be as detailed as possible.

3. Use the following chart to track your progress. Include the date, check off if you completed the activity, and note how you felt before and after writing about three funny things.

MF
MARSHA FERRICK

Journal Activity Log			
Date	**Check If Completed**	**How Did You Feel Before Journal Activity?**	**How Did You Feel After?**

1. After completing this activity for one week, do you notice a difference in your mood? Why or why not?

2. Do you find yourself laughing more frequently, or finding humor in situations? Explain.

3. Did you find yourself connecting with others through laughter? Why or why not?

4. What are the negative consequences of giving in to this urge?

5. What are the positive consequences of controlling your urges?

6. What can you do instead of giving in to your urges?

7. Who can you call or contact to give you support?

MF
MARSHA FERRICK