



EAP Lifestyle Management, LLC
800.788.2077

Tips for More Laughter in Your Life

1. Practice laughing 5 minutes a day. Fake it till you make it.
2. Look for humor around you-on signs, in people's behavior, on TV, in the newspaper, the things others say, the crazy things that happen to you. Keep a journal.
3. Share your embarrassing moments with other people.
4. Learn to play with things that are serious like work, social issues, money, etc. For example, use word play, silly songs, or develop a comical view of the issue to help you laugh and cope.
5. Laugh with other people when they laugh.
6. Wear a smile. It puts you closer to laughing.
7. Seek out entertainment which makes you laugh.
8. Amuse yourself with your own sense of humor.
9. Buy and listen daily to a tape of laughter, a laugh box, or a laughing toy.
10. Buy mindless toys that make you laugh.
11. Wear hats that make you laugh.
12. Cultivate your innate playfulness.
13. Be creative with fun.
14. Make sure you have fun.
15. Give yourself permission to laugh at anything you need to.
16. Do at least one silly, non-conforming thing a day.



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Laughter Tips for the Workplace

1. Look for the funny things that always exist like typos, the funny actions of your co-workers, your own funny behavior.
2. Give your projects comical names like Quasimoto or Thumper.
3. Have mindless toys on your desk and take short breaks to play with them.
4. Wear a funny hat to express or change your attitude.
5. Use cartoons to help with communication.
6. Play with the idea of stress--learn to celebrate it.
7. Laugh with your co-workers for a few minutes for no real reason at all.
8. Under your clothes, wear a T-Shirt with a saying that lightens you up.
9. Find playful ways to lighten up conflict with co-workers, i.e., certain toys that diffuse conflict; develop lightly humorous things to think or say; use comical visualizations that help you keep perspective.
10. Exaggerate and play with the issues that annoy you most.
11. Incorporate elements of a game into your work. For example, give yourself a prize for completing a project; divide the project into a football field and see each stage of completion as a first down; give yourself a cheer; develop a ritualized, playful way of turning on your computer.
12. Laugh for 5 minutes in your car on the way to work.
13. Wear light-hearted, temporary tattoos that help you cope.
14. Wear a light-hearted tie, scarf, or some other kind of clothing that will help you feel good and playful. Wear funny underwear if it is a serious day or meeting and outer attire must match accordingly.



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LAUGHTER QUIZ

Points

- ____ 5 points if you laugh till you wet your pants. 10 points if you wet someone else's pants.
- ____ 5 points if you spit out food laughing. 8 points if you spit it across the table. 10 points if you spit it across the room.
- ____ 1 point if you laugh once/day. 5 points if you laugh five times a day. 10 points if you laugh ten times a day.
- ____ 5 points if you have friends who laugh. You belong to a gaggle of gigglers.
- ____ 5 points for being playful at least once/day. "Life can be the toy in your own happy meal."
- ____ 10 points if you have laughed about a serious issue at least once. If you haven't had a serious issue in your life, you get 15 points for your amazing luck.
- ____ 10 points if you laugh at work whenever possible. Laughing at those work woes will help you relax.
- ____ 5 points if you enjoy laughing about life. It's just a play, you know.
- ____ 15 pts if you avoid laughing in ridicule. "No downloading."
- ____ 10 points if you find the humor in your everyday life at least once/day. Of course, it may find you first.
- ____ 10 points if you have no rules about laughing. What a shocking loss of control!
- ____ 5 points if you enjoy a bit of silliness. It's cool to be silly at times.
- ____ 5 points if you wear a funny hat now and then. Let laughter go to your head.
- ____ 5 points if you have personal toys. 8 points if you play with them. 10 points if you play with others.
- ____ 10 points if you laugh in public without concern others will think you're crazy.
- ____ 5 points if you laugh in public so others will think you're crazy.
- ____ 5 points if you enjoy the absurd. 10 points if you enjoy acting absurd.
- ____ 5 points if you can laugh at will. 10 points if you laugh right now.
- ____ 10 points if you laugh during sex. Sex doesn't need to be serious.
- ____ 5 points if you enjoy your laugh lines, both facial as well as verbal.
- ____ 5 points if you like shaking like a bowl full of jelly inside and out.
- ____ 5 points if everyone's laugh gives you pleasure. Feelin' good!!!

Now total up your points.

136-165 points: You are a laughing genius.

75-135 points: You are an honors laugher.

40-75 points: You are an average laugher.

0-39 points: You are in danger of contracting laughter lockjaw. Rx: A spoonful of laughter at least 3x daily until the pain goes away. Note: You will need to be on this medicine for the rest of an interesting life. Abruptly stopping the medication will lead to severe withdrawal and your entire body will rigidify.



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TEST FOR EXTREME STRESS

1. Your bladder seems to be shrinking right when you need a larger capacity because you don't have time to go to the bathroom.
2. The bags under your eyes are almost getting large enough to carry your groceries.
3. You can't find your car keys because they're in the ignition.
4. You can't remember the names of family members although they certainly look familiar.
5. You lose consciousness upon starting your car and "come to" at your destination with no idea how you got there.
6. Your blood pressure causes the machine at the drug store to break.
7. You want to eat dinner but can't remember if you've already eaten and whether you enjoyed it if you have.
8. You want your 3-minute egg in two minutes.
9. You find yourself frantically searching a room for something but you have no idea what it is.
10. You stop to smell the roses and for one panicky moment, you're not sure why you're standing in front of a rose bush.
11. You leave on vacation and forget one of your children.
12. You feel compelled to wear a swim suit under your clothes because you can't get rid of the sensation you're treading water.
13. Your adrenaline starts to pump because your computer boots up too slowly.
14. You hear a grinding noise in the bedroom at night and realize it's you grinding your teeth.
15. You feel unfairly picked on because you have to wait for something/anything.
16. Instead of raising the garage door, you just back on through.
17. You prepare for the freeway by checking your weapons.
18. You board a plane for one city and feel so put out that they took you to another just because you boarded the wrong plane.
19. You feel irritated when a real person answers the phone and you have to talk to them instead of their machine.

If you have 5 or more of these symptoms you are suffering from extreme stress. You must find a prescription for laughter. You are "dying" for a happier life.



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