

18. *Laugh More*

*I think the saddest people
always try their hardest to
make people happy because they
know what it's like to feel
absolutely worthless, and they
don't want anyone else to feel
like that.*

— Robin Williams

American Actor and Comedian

(By far, this is my favorite strategy so I decided to devote more space to this one and to include some more quotes.)

I swear this really happened to me. It was the weekend. Nothing particular on my schedule (or so I thought). I was a little tired, a little down, so I decided to waste some time on the computer. I looked at my usual news website then started looking at YouTube.com.

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

Grenville Kleiser

Author of Inspirational Books

I found a clip of a stand-up comic. He was pretty funny. Then I looked at another clip of him performing, then one of him on a talk show.

I think I was on the fifth clip when all of a sudden it hit me: Hey, I got stuff to do. I have a whole list of to-dos. I'm even in the middle of writing this book (yes, this one).

18. Laugh More (continued)

All of a sudden, just by laughing and getting into a good mood, I was able to focus. It snapped me out of the down mood I was in and actually energized me to start doing stuff.

There isn't anybody out there who doesn't have a mental health issue, whether it's depression, anxiety, or how to cope with relationships. Having OCD is not an embarrassment anymore - for me. Just know that there is help and your life could be better if you go out and seek the help.

Howie Mandel

**Canadian Comedian, TV Personality,
and Game Show Host**

Laughter is the best medicine. It is really hard to feel bad when you are laughing. And, for most of us, hearing the sound of other people laughing makes you feel good. That is why they used to have laugh tracks on old TV shows and now perform in front of a live audience.

People love to make comedians out to be miserable, dark, twisted people. And I just - I think a lot of people struggle with depression and mental illness and have issues and problems within their family. The mailman has it. Your neighbor has it. It's just that comedians have a microphone.

Tig Notaro

American Stand-Up Comic

If you or someone you know needs help, call 1-800-273-8255 for the National Suicide Prevention Lifeline. Or you can text HOME to 741-741 for free, 24-hr support from the Crisis Text Line. (After July 2022 reach the National Suicide Prevention Lifeline by dialing 988)

18. Laugh More (continued)

I know that very few people have my particular sense of humor – it is pretty weird and can be very dark – but most people appreciate some form of comedy. Being a writer, I personally like wordplay, but my sense of what is funny is pretty broad. I can usually find humor in almost any situation, even when I shouldn't.

A new study found that people who are depressed have a greater risk of stroke. Well, that should cheer them up.

Jay Leno

**American Comedian and Former
Late-Night Television Host**

Laughter can also be a good workout. Have you ever laughed so hard you couldn't catch your breath? Your body is reacting, physically, to your laughter. You are actually getting a little bit of exercise. Laughter can relieve physical tension and stress, leaving your muscles relaxed for up to 45 minutes. Believe it

or not, laughter can boost the immune system, decreases stress hormones, and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

And one more thing: Laughter is a great way to defuse a tense situation. It is very hard to be angry when you are laughing. Whenever my wife is mad at me, I try to make her laugh. It really cuts through the tension.