



“Humor is a rubber sword - it allows you to make a point without drawing blood.”

– Mary Hirsch

**WatchGlass
Advisors, LLC**

By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

Humor for Health

by Rosanne Scriffignano, CRC, ACC

Scientific studies suggest that children laugh significantly more than adults. On average, adults laugh 15 to 100 times per day as compared to the average child who laughs 300 times a day!

Laughter is extremely therapeutic. Studies indicate that laughter helps to fight disease and can also alleviate the damaging physical effects of daily stressful situations.

Lighten Your Load

Although it may be inappropriate to laugh 300 times during our working day, we can all learn from those light-hearted children. It's easy to get caught up in the daily grind. If you're feeling discouraged or sad, take time to lighten your emotional load. If you can't see the humor in a situation, at the very least, force yourself to smile. The end result is that your mood will immediately improve!

Other people can also impact how we feel. Have you ever noticed how quickly your mood changes when you're around sad, angry, or pessimistic people? If possible, minimize your time spent with negative people. Instead, surround yourself with friends and family who have a positive outlook on life.

Survival of the Light-Hearted

Some people prefer to focus on sadness and despair. It's an emotional pattern that is difficult to stop. If your negative emotions prevent you from reaching your goals, first identify why you have those feelings. Then, develop techniques to improve your outlook. For example, you could recall a happy memory or simply take several deep breaths to re-center yourself.

Bill Cosby understood first-hand the therapeutic effects of humor. Not long after his son was murdered, he returned to stand-up comedy so that he could work through his loss. He believed that humor could help heal his pain. Ten years later, Mr. Cosby is still sharing his unique humor with the world.

If you need inspiration during times of sadness and despair, remember Mr. Cosby's wise words: "Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it."

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