



Lighten Up and Laugh

Find a humour mentor someone whose sense of humour you just love.

Study this person, what he or she finds funny, where their humorous outlook on life comes from.

If you are already a fun lover, stretch yourself even further.

Get a DVD or download some You Tube clips of a professional comedian who appeals to you.

Watch and listen for how he or she looks at life to find its humour.

If you really want to stretch, how about enrolling in a stand-up comedy class?

Think of this as training for your mind.

