



## STRESS LESS QUEST

# Week 3: Laugh Away Tension

Laughter truly can be the best medicine. Not only is it contagious, it has been shown to relieve stress. Laughter gives us a feeling of lightheartedness and helps us view life's difficulties through a different lens. It also helps us connect with others and improve others' moods. Another perk to laughter—it's unplanned!

Laughter may be the simplest form of stress relief because you don't add any stress planning it. It just happens! Read the comics, learn a new joke, or watch a funny video anytime you're feeling overwhelmed or just need a pick-me-up.

Another fun way to bring about laughter is by reliving humorous memories. Tell a friend or coworker about the memories, and ask them if they have a funny memory to share. Sometimes these conversations snowball into a stroll down the memory lane of laughter—and stress relief.



### Weekly Activity: Relive Fun Times

Using the spaces provided, write down a few memories that put a smile on your face just thinking about them. Share them with a friend, coworker, or family members.

Memory 1 \_\_\_\_\_

\_\_\_\_\_

Memory 2 \_\_\_\_\_

\_\_\_\_\_

Memory 3 \_\_\_\_\_

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## Stress Management Tip: Alter the Situation

When you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so that the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment can build, and the situation will likely remain the same.
- **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a middle ground.
- **Be more assertive.** Don't take a backseat in your own life. Learn to anticipate and prevent stressful situations. For example, knowing your coworker is very chatty, let her know you have a big project you're working on and only have five minutes to talk.
- **Manage your time better.** Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. If you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

*Source: HelpGuide.org*