What makes you laugh?
In what ways are you supported through humor?

- My 18 month year old
- It's a break from overthinking
- momentary relief from grief
- Connecting and processing trauma with those who have shared experiences
- Mental health improvement
- Lightens a heavy space
- I don't take myself so seriously
- Laugh with others
- connects me to my family
In what ways are you supported through humor?

- sharing humor with family
- a support system of shared experience where you feel part of community
- Humor allows for me to a break & to laugh
- Not taking myself to seriously, providing relief from stressful moments
- Humor provides me a break from life and challenges.
- Helps to put things in perspective or distract from being overwhelmed
- Stress relief
- puts things in perspective
- Helps me not to take things so seriously
In what ways are you supported through humor?

- Improves my mood, a reset to my bad emotions
- My friends and family help me laugh when I take the world too seriously and get weighed down by my struggles
- ability to shift feeling
- stress break
- humor is a light to connect with others; we all laugh. It can also increase endorphins. :) stress relief
- Community
- laugh at the situation rather than dwell on it unnecessarily
- Relief from the weight of everyday struggles
In what ways are you supported through humor?

- Humor helps me cope with hard times and frustration. It makes the good times better. It helps me connect to others. It helps me stay sane while doing emotionally difficult work.
- Good friends - sharing experiences
- Humor connects me to my colleagues & family
- Inside jokes build connection
- A nice break from life
- Brings me to the present moment
- Helps with coping with stress
- Native humor that natives only get
- Intentionally finding ways to laugh after watching the news allows me to recenter
In what ways are you supported through humor?

- It's how I remain okay
- Stress relief
- Makes mistakes feel less serious
- Instant relaxation
- brings pause
- Take a good breath in!
- Humor is good self care & a good medicine to the soul
- puts things in perspective
- Ability to shift feelings
In what ways are you supported through humor?

- So healing!!
- Instant relaxation
- Helps me remember who I am
- Rezzy humor is the best humor
- It makes your day better. It's good for your mental health. It's a great stress reliever by laughing with your favorite people. Cope with challenges you're dealing with.
- Positive coping mechanism and builds connections.
- Funny topics to talk about, maybe something funny on social media.