

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

Helps me get through the day

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

Community

stress break

humor is a light to connect with others; we all laugh. It can also increase endorphins :) stress relief

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.

a nice break from life

native humor that natives only get

Humor connects me to my colleagues & family

brings me to the present moment

Intentionally finding ways to laugh after watching the news allows me to recenter

Good friends - sharing experiences

inside jokes build connection

Helps with coping with stress

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!!

Helps me remember who I am

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 your dealing with.

Instant relaxation

rezzy humor is the best humor

Positive coping mechanism and builds connections.

funny topics to talk about, maybe something funny on social media