

Healing Expressions

Laughter is the Best Medicine

Laughter may seem like all fun and games, but it has some serious benefits too. Every time you laugh, whether it's a giggle or a guffaw, your brain is flooded with a cocktail of endorphins and serotonin. The former helps kill pain, and the latter gives you a jolt of happiness — like a one-two tickle to your system.

When you laugh, the heightened activity in your heart, lungs, and circulation also helps to boost your immune system and further lift your mood. And the best part about it is you don't need to go to the doctor to get new laughter prescriptions: you just need to hone your sense of humor.

Using laughter as your guide, you can actually train your sense of humor to find the good in trying situations, making them easier to navigate. And by building on what you already find funny and keeping your mind open to new LOL-worthy experiences, you can profoundly contribute to your wellbeing.

Finding and Flexing Your Funny Bone

A sense of humor doesn't just help at parties, it's closely tied to whole life satisfaction and even success at work (and especially work parties). Studies have shown that laughter helps us cope in times of stress, trauma, or grieving. For instance, researchers have found that emergency personnel rely heavily on humor to cope with the upsetting realities of their jobs, and high-performing students manage their pre-college anxieties by converting them into comedy.

療癒之方：一笑解千愁

笑是最佳良藥

笑，聽起來不過是玩耍和嬉戲，但其實笑對身心的益處，卻不是開玩笑的。每次只要您一笑，不管是咯咯輕笑或縱聲大笑，您的大腦就像灌入多巴胺和血清素調成的雞尾酒。多巴胺有助於止痛，血清素會帶給您一股欣快感 — 就像給全身撓癢癢一樣。

開懷大笑時，您的心臟，肺部，和血液循環特別活躍，對免疫系統有強化作用，並能提振心情。最棒的是，您不需要看醫生才能拿到新的笑笑處方：只要培養幽默感就好。

以笑為師，的確可以訓練自己在困境時，擁有苦中作樂的幽默感，比較容易面對。透過有趣經驗的累積，並且敞開心房，接受讓人開懷大笑的新事物，您的身心健康可以深深獲益。

找到並活絡您的幽默神經

幽默感不僅是派對上用得著，更與整體生命的滿足感，甚至職場上的成功（尤其在工作夥伴方面）密切相關。研究顯示，笑能幫助我們度過緊張，痛苦，或悲傷的時刻。例如，研究人員發現急診室的工作人員重度依賴幽默，來面對工作時令人沮喪的現實；而表現優異的學生，會把升學的焦慮轉化成好笑的事。



This is particularly helpful at work, where your personal success is often measured by how you react and respond to challenges. In fact, in a Robert Half International survey,

- 91% of executives think a sense of humor plays a major role in career advancement,
- 84% of them find employees with a strong sense of humor do better at their jobs

Now, the office isn't a sketch-comedy writers' room (unless yours actually is), so be careful not to overdo it. But when it's appropriate, and you feel comfortable, go ahead and act silly.

Growing a Sense of Humor

Although many think that a sense of humor is something that you're born with and can't develop, you actually can. Like other cultural phenomenon, humor can be learned through immersion.

That's the good news.

The even better news is that you can enhance your sense of humor. Try including some of these behaviors and activities in your regular routine to help you expand your humor horizons.

Expose Yourself...to Humor: Open yourself to new and old kinds of humor through funny shows, books, stories, YouTube videos, or a visit to your local comedy club. New Yorker cartoons offer a lot of humor in small doses, and comedy podcasts can be the perfect length for your morning commute.

Be Open to New Amusements: Always look for opportunities to expand your sense of humor to include new jokes, material, and styles. Use your empathy to see what makes others laugh and see how you might find it funny too.

幽默在職場上尤其有用，因為衡量個人成功的標準，經常視您如何反應和回應工作上的挑戰。事實上，一項國際性的研究 (Robert Half) 便指出，

- 91%的高階主管認為幽默感在職務升遷方面扮演主要角色，
- 其中有84%發現，幽默感強的員工工作表現比較好

現今的辦公室並不是喜劇作家的書房（除非您真的是喜劇作家），所以小心玩笑不要過頭。但是在合適，而且您感覺自在時，耍耍寶也無妨。

有什麼解方呢？請禮貌地說不。

培養幽默感

很多人認為幽默感是與生俱來的，沒有辦法培養，其實是可以的。幽默和其他文化現象一樣，可以透過沈浸式學習而得。

這真是好消息！

還有更好的消息是，您可以增進自己的幽默感。在日常生活中，嘗試以下一些做法和活動，增添自己的幽默細胞。

多接觸幽默的素材：多看各種新舊幽默素材，包括好笑的戲劇，書籍，故事，YouTube影片，或看本地的喜劇脫口秀。紐約客的漫畫提供許多輕薄短小的幽默，脫口秀播客 (podcast) 的長度最合適早上通勤時間收聽。

接收新娛樂元素：總是留意新的笑話，素材和形式，不放過任何強化幽默感的機會，運用您的同理心，觀察哪些事情讓人覺得好笑，以及您為何也覺得好笑。

Play Nice: Laugh with, not at. That means avoiding sarcastic humor or laughing at the expense of others — unless they give a sign, like laughing first. But also remember that if you do happen to laugh at something inappropriate, have a sense of humor about it and don't beat yourself up.

Make a Playlist of Laugh Tracks: Not actual laugh tracks, but tracks that make you laugh. Build a funny playlist on your computer or phone. You can also use content organizing apps like Evernote to consolidate Internet articles that make you smirk, smile, or outright scream with laughter. Plug into your playlist or browse your bookmarks when you need a pick-me-up, or to freshen up your own comedy routine.

Fake It 'til You Make It: And if the funnies just aren't coming, try going through the motions. Start chuckling and remember this tip— fake laughing feels more like the real thing when it reaches your eyes—so use your whole face. If you try it with someone else, it can even be contagious.

Training your sense of humor doesn't just help you exercise your laughing muscles, it also goes hand-in-hand with developing your growth mindset and resilience. The more consistently you work on it, the more the whole you benefits.

THAT'S THE POWER OF HUMOR.

友善地說笑：開玩笑，但不嘲笑。意思是避免諷刺性的幽默，或嘲弄他人，除非對方給了訊號，比如先笑出來。但也要記住，如果您不小心開了不適當的玩笑，也要有幽默感，無需太自責。

製作笑笑合輯：這裡指的不是罐頭笑聲，而是讓您發笑的內容合輯。在電腦或手機上建立一個有趣的播放列表。也可以使用內容編輯應用程式如Evernote，來剪貼存放網路上讓您會心一笑，微笑，或放聲大笑的文章。當您想要有個好心情，或給自己的喜劇梗找新靈感時，就可以點開播放列表或瀏覽書籤頁。

演久了就變成真的（弄假直到成真）：如果一直笑不出來，試試看以下動作。從輕聲地笑開始，然後記住竅訣，笑到眼睛充滿笑意，這時假笑看起來也像真的——所以整張臉都要用到。不妨找個人實驗看看，可能會很有感染力。

培養幽默感不僅能幫助您運動臉上的笑肌，還可以促進思維成長與心理韌性的發展。您越常鍛鍊它，越能從中獲益。

這便是幽默的力量。