



## You Funny Too!

Believe it or not, everybody has a sense of humor, though some are more obvious and attractive than others. Humor can be a good distraction from the absurdity of life; it frees the tension of irritating moments by allowing us to see the funny and laugh at ourselves and our situation. So I had to laugh at myself, whining about leaving a sunny 70° day in Wilmington to fly to Chicago where it was rainy and cold. It was our annual lovefest, the conference of the Association for Applied and Therapeutic Humor; an amazing collection of professionals connected through our passion for understanding and sharing humor and positivity as a powerful tool for happiness, heart health and healing. I graduated from the three-year Humor Academy this year, earning the distinct designation of Certified Humor Professional (CHP). I didn't really think it was a big deal, but then I realized it IS a big deal. A three-year graduate level course, we engaged in monthly calls and projects, studying, practicing and promoting positive humor as a powerful tool in all disciplines. I even learned some simple magic tricks to amuse and amaze my granddaughters when they visit. We dressed up as super heroes for graduation, proclaiming our super powers, including optimism, enthusiasm and resilience.

The challenge with my new title is that now people expect me to be funny and make them laugh on the spot. Humor is not about telling jokes and being funny, as much as it is about SEEING funny in everyday life and funny abounds

### **Like beauty, humor is in the eye of the beholder.**

Even babies understand how humor soothes the spirit and see how laughter is contagious. Just Google 'baby laughing at ripping paper' and see for yourself. Laughter releases dopamine, counteracting cortisol, while our internal organs experience a complete body massage, energizing every fiber of our being. It not only reduces stress and heart disease, it fosters resilience, improves relationships and connects people by increasing memory in conversation. It distracts us from distress, offering a more optimistic option for experiencing a happy, healthy life.

Humor is a creative combination of art and science. Some humorists are artists, some are scientists, but the best of the best are those who marry the masses through creativity, laughter, humor and mirth.

Find your funny, look for the bright side, smile, pay it forward, let someone in front of you in line or traffic. Don't be in such a hurry. Enjoy where you are, how you are, when you are because life is short and happiness is contagious. Everybody is funny, you funny too.

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