

Stress Relief Using Laughter & Humour Special Report

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Stress & Humour!

I believe, along with many other people, including medical doctors, that humour and laughter are one of the quickest escape routes out of states of anxiety and stress.

A stressed out brain lacks blood and therefore oxygen in the frontal lobes. That's why you can't think clearly, the 'brain fuel' has left the brain and is flowing through your muscles instead; The flight or flight response.

If you were to stop for a moment and allow yourself to indulge in a pleasant memory of a wonderful holiday experience, what's that like?

It's likely the location you were in was more simple than your everyday life. Maybe you were on a beach relaxing with the sounds of the ocean, feeling the warmth of the sun baking down on you or maybe you were surrounded by beautiful scenery with panoramic views.

The point being most of our normal life is lived in very busy, stressful, polluted environments. So obviously it's no surprise we have difficulty dealing with anxiety and stress in those kinds of circumstances.

But how can we deal effectively with the reality of everyday stress? There are different ways but the use of humour and laughter is one of the quickest and easiest routes.

When you are feeling anxious about an upcoming event, one way of understanding it is that you are being over-serious about some aspect. This narrow focus is what causes the stress response.

This response has been learned and become an unconscious habit or thought pattern. There are only two innate fears: The fear of falling and the fear of loud noises, all other fears are learned or conditioned. This is good news, it means we can re-learn/re-program the responses we want to change.

Have you ever had an experience where someone was really rude to you, maybe a total stranger, and it irritated you? Yet the next day or a few days or weeks later you actually found the 'funny side' of it.

Isn't that an amazing capability of the mind! Can you imagine if you were able to consciously use this '*humourising mechanism*' to find the 'funny side' of any future stressful event before it had happened, wouldn't that be useful?

With proven techniques you can indeed learn how to re-program your mind to [deal with stress utilising the power of humour](#). And it is surprisingly simple when you discover the secrets which can be learned and applied literally within minutes...

Directionalisation

Your mind goes in directions. It is goal driven. Even if you haven't written any goals down, it is a fact that, "you get more of what focus on." So if your mind keeps focussing on stress and seriousness, that is what you will perceive because of the filtering process from the billions of bits of information flowing into your senses. It's as if you have 'seriousness goggles' on.

So our whole life goes in a direction which is determined by our habits of thought. Your life is either getting worse or better!

Just imagine... If you were given a pair of Humour Goggles, do you think it possible you would play around wearing them just a bit? What if they had the special magical quality of being able to lighten up any situation instantly! That would be pretty useful right?

If you wore them every day and humourised just one situation per day, how much more fun do you think you'd have? That would get your mind going in a new direction: *"I can lighten any situation up, how could I have even more fun today?!"*

"The human race has one really effective weapon, and that is laughter." - Mark Twain

Flexing Those Funny Muscles: Quick Warm up Exercises

Fractionating States

1. Think about a funny, humorous event that happened. Bring it back into experience by remembering what you saw, heard and felt. Allow the good feelings to flow!
2. Now think about the situation you want to lighten up about. What do you see? What do you hear?
3. Now switch back to the humorous scene and get the good feelings going again.
4. Proceed to switch back and forth from these two states of mind a few times.

This switching back and forth between states comes from the world of Hypnosis and is known as Fractionation. It helps to make the state you go back into more pronounced.

NOTE: You only need to access each state of mind for a couple of seconds - enough to get a sense of the feeling.

'Circus Music'

1. Pick your favourite 'funny music'

You could search Youtube for:

Circus Music, The Benny Hill Theme, Rhubarb & Custard Theme

2. Now as you hear that funny music nice and loud and clear in your mind, imagine watching yourself going through a situation you would like to lighten up.

It's like watching a little movie of yourself over there on the wall or whatever. Go from the beginning, watch yourself moving about, talking, interacting etc. and keep that music playing loud and clear in your mind as you watch the movie play out to the end.

NOTE: You can watch the movie in fast forward mode to add even more humour!

Be Smart – Plan on Laughter!

If you've done the exercises already, it's highly likely you've lightened up quite a bit and are looking forward to a brighter future. Of course life can be very challenging and we get busy so it's highly recommended you schedule regular times onto your calendar to apply these and further Rapid Humour Techniques.

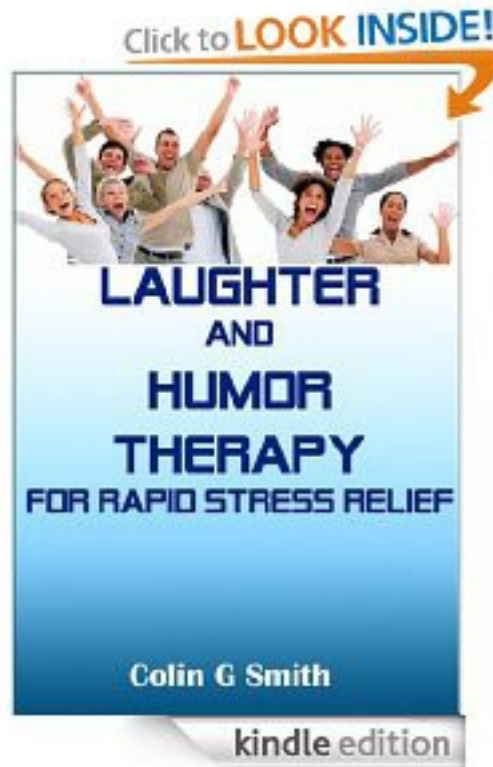
Why not do a 5 minute Rapid Humour Therapy session at least once per week!

"I believe that laughter is a language of God and that we can all live happily ever laughter." - Yakov Smirnoff

"Laughter And Humor Therapy For Rapid Stress Relief"

The miracle of humour is that you can laugh at ANYTHING! As soon as you are laughing about something, you have made a beneficial shift in perspective.

It's true, *'Laughter is the best medicine.'*



"Highly recommended! This book goes beyond Humor and Laughter. Loved the Wow! Mantra. And I may be highly impressionable, but all I can report is that the Orgasmatron is more effective than some of the erotica I've reviewed. Seriously, this book is very effective and I'm betting it will change your life for the better." - J. Busch

"As a standup comic and also a behavioral scientist by trade, I loved this book and the author hit a big home run demonstrating how humor and laughter relieve stress and much more. Finally someone tackled the topic correctly with concise information and facts based on science. This is a book everyone should read!!!" - Dr. L Benton

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