



## Humor

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 through the day? Or I should be tired, but I feel fine.' "We decide how tired or alert we are. If you are going to a music concert or a game. You would not be tired there even if you think you're exhausted because you are enjoying yourself. A lot of it is psychological. What we tell ourselves. The 7 1/2 habits: The half habit is to change negative thoughts to positive thoughts. Number one- Treat humor as a necessity rather than a luxury. Most people say humor is okay, but it can be an amazing coping mechanism. The more you develop humor, the better your sense of humor. The better your sense of humor, the better you can handle stress. You have to answer the question how important is your quality of your life? Humor is important to your life. There are certain things we need - food, water, shelter, a bathroom, are all of the necessities of life. Treat humor the same way as when your bladder is full and you really have to go to the bathroom. It is the same with humor, as something I really have to do, then you could be healthier. There is research to show the better your sense of humor the better your health." David will be 49 years old in December. He is married with four children, lecturing, working in a hospital, and feels that his mind is keeping him healthy. The drugs he takes have really decreased over the years, and he hardly take any medications at all. David compares, "Think of how your favorite co-

really talking about. You will be seeing more funny things happening through humor filtered glasses. Humor is universal, you don't have to speak the same language, the same religion, or culture. We can all share humor, a lot of relationships are based on humor.

When he went to graduate school to study for his master's degree in social work, David did better on the unicycle than walking around the campus. He was in bad shape and had to keep the weight off his feet and ankles. The unicycle was a great mobil-  
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