

# Soaringwords



the power to heal

## Soaringwords' SOARING into Strength Positive Health Initiative

## Laughter is the Best Medicine Workbook

Proud Silicon Valley Community Partners:



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# What Makes You Smile

**Think about a person who has a warm and wonderful smile. It can be a friend, neighbor, family member, or someone famous.**

How does this person's smile enhance **your** well-being?

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Write about a time when something funny or positive happened to you that made you smile.

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# Relationships in Your Life

Think of your whole life, and think about someone with whom you enjoyed an easy-going or playful rapport. It can be a relationship from your childhood or a long time ago, or a current one. Think about how this relationship, specifically the fun and humorous aspects of the interactions shared, makes you feel.

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Now think about the current relationships in your life, and journal about how about how you can inject some humor and fun into these relationships.

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# Relieve Stress With Laughter

Write about a time when you laughed even though you wanted to cry or simply give up.

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Write about how the laughter was a release and enabled you to breathe a little easier, even for a few moments.

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Write about something stressful in your life and how you can use humor or a lighter touch to ease the tension.

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# Laughter is the Best Medicine

Journal about a time in your life when you saw someone bringing joy to others who were in need.

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Think of ways that you can use your lighter, graceful, or funny side to cheer others who are going through challenging times.

Lighter:

Graceful:

Funny:

# Your List of Funny Things

Make a list of funny books and authors, movies, TV shows, or comedians you enjoy. Your **homework** is to tap into this list for a few minutes, once a day, because this micro-practice will give you more vitality, youthfulness, hope, and joy.

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2

3

4

5









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## Guidelines for Creating Soaringjokes

Have you ever heard of the expression, “Laughter is the best medicine.” This means that when people laugh and smile, they relax and the body actually releases chemicals — called endorphins — that make them feel better naturally. Help Soaringwords share more laughter starting right now! Here are simple steps to make joke books filled with Soaringjokes for ill children or for anyone that needs a laugh.

### Here is how to get started:

1. Think of some great jokes. Here are few samples of Soaringjokes:

- What do you get when you graduate from scuba diving school?

A deep-loma

- Where do cows go on holiday?

Moo York

- What do sheep do on sunny days?

Have a baa-baa-cue!

2. Write “Q” for the Question part of the joke. For example, “What is a skunk’s favorite contest?” You can decorate the joke with bubble letters, or choose a different color to write out each word. You can make a picture of the subject of the joke. On the page is your “A” or the Answer part of the joke. “A smelling bee! Ha. Ha.” And you can draw a picture of a skunk laughing.

3. When you are finished creating your Soaringjoke you can scan it and email it to [heal@soaringwords.org](mailto:heal@soaringwords.org).



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# SoaringJokes

Created By: \_\_\_\_\_

[soaringwords.org](http://soaringwords.org)