



# Harness Humor

**National Humor Month** was created to increase public awareness of the therapeutic value of humor. Laughter, humor, and joy lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life. Read on to find fun ways to celebrate.

Take a minute to watch a quick video about this month's healthy habit.

**Watch Now** ▶

## April's Healthy Habit

Earth day is also during the month of April! Celebrate by choosing one way to live more sustainably. Consider prepping your garden, buying reusable grocery bags or riding your bike to work.

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## April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Start the month off strong by completing this mini challenge to add humor and laughter to your day.

### April 1st

April Fool's Day! The perfect time to exercise your "funny bone" by sharing a few jokes with family, coworkers, and friends.

### April 2nd

Watch your favorite funny movie today.

### April 3rd

Ask a coworker about the funniest or most embarrassing thing that has happened to them while on the job. Take a minute to giggle together about the experience.

### April 4th

Start your day or meeting off with a fun "would you rather" question such as, Would you rather have no elbows or have no knees? Or Would you rather have a photographic memory or an IQ of 200?

### April 5th

Eat lunch with your non-dominant hand today. Encourage your coworkers to do the same and have a good laugh together!