

## **Laughter / humour**

**Having a laugh can help people feel better, and, naturally, different people have different senses of humour, from making silly puns to being sarcastic.**

**A lot of people find that a shared sense of humour is something that bonds them or that learning what makes each other laugh brings them closer together. Whether it's because of a funny story, memory, tv show, video or something completely random, laughing is known to lower blood pressure and release endorphins that help make you happy.**

**If you can, try to laugh or have a chuckle regularly, even if it's just watching an animal video online, as this can give you a little boost you didn't know you needed. Laughing with friends often feels good, but make sure it's not at someone else's expense or making someone else feel upset or excluded. If someone says the joke is upsetting them, it's important to respect that.**

**Why not try creating your own comedy playlist on YouTube of videos that make you laugh? You could also find lots of comedy podcasts for free and there are even free comedy events across the UK you could attend with friends or family.**