

# CLIFFTOP CHEAT SHEET

## NURSE FAMILY PARTNERSHIP

TO INTENTIONALLY ADDING HUMOR TO YOUR LIFE AND PRACTICE

C

**CELEBRATE EVERYTHING**

**ASK: WHAT IS THE SMALLEST VICTORY WE CAN CELEBRATE TODAY? IF THINGS ARE REALLY GRIM, GOOGLE "SILLY HOLIDAYS" AND CELEBRATE ONE OF THOSE.**

L

**LOWER YOUR LAUGHTER THRESHOLD, MAKE A DECISION TO ALLOW MORE OF YOUR BODY TO LAUGH WHEN YOU FIND SOMETHING FUNNY.**

**ASK: WHAT IF I LET MYSELF ACTUALLY TRULY LAUGH OUT LOUD? WHAT WOULD THAT FEEL LIKE? WHAT WOULD HAPPEN? PROTIP: FAKING A BIG BELLY LAUGH HAS THE SAME HEALTH BENEFITS AS A SPONTANEOUS LAUGH**

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**INSERT HUMOR DELIBERATELY INTO YOUR SCHEDULE AND YOUR PHYSICAL AND VIRTUAL ENVIRONMENT**

**ASK: WHAT AREAS DO I INTERACT IN EVERY DAY? HOW COULD THEY BE FUNNY RATHER THAN DISMAL? OR EVEN LESS DISMAL.**

**ASK: IS THERE A PART OF MY DAY THAT MIGHT BENEFIT FROM A "YES AND" RESPONSE FROM ME?**

F

**FIND FOUND HUMOR**

**ASK: WHERE ARE COWORKERS, PATIENTS, FAMILIES OR EVEN RANDOM STRANGERS LEAVING LAUGHTER CLUES FOR ME/US?**

**ASK: IS THERE A TIME WHEN I COULD "CALL THE ROOM" (RESTATE WHAT'S GOING ON) OR USE A CALLBACK TO SOMETHING THAT HAAPENED RECENTLY.**

F

**FIX YOUR ENVIRONMENT--AS MUCH AS YOU CAN**

**ASK: WHAT COULD I LISTEN TO BEFORE /ON MY WAY TO WORK THAT WOULDN'T STRESS ME OUT?**

T

**TOYS ARE AWESOME**

**ASK: WHAT ACTIVITIES DID I REALLY ENJOY WHEN I WAS A KID? HOW COULD THESE ACTIVITIES BE INCORPORATED INTO MY LIFE NOW?**

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**OFFICIAL-**

**ASK: HOW CAN MOMENTS OF HUMOR BE ADDED TO THE SPECIFIC WORKPLACE ACTIVITIES, MOST OFTEN MEETINGS.**

P

**PLAYFULNESS WINS THE DAY**

**ASK: IS THERE A WAY I COULD LEAD WITH HUMOR, ESPECIALLY GENTLE SELF-DEPRECATING HUMOR?**

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