

CLIFFTOP CHEAT SHEET

BRIDGING THE GAPS COMMUNITY HEALTH INTERNSHIP

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 HAOOENED 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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