

Sense of Humour

What is it?

Your Sense of Humour is your ability to understand and enjoy amusement, and to make others smile and laugh. It is also your ability to see the lighter side of situations and of yourself. In short, it's your ability to experience and share joy and laughter in a positive way.

Why is Having a Sense of Humour So Important?

- It's good for your mind, and body.
- It helps you cope with difficult situations.
- It gives you things to look forward to and enjoyable ways to unwind.
- It helps you connect with other people.
- It helps you see events from different perspectives.

Things Worth Knowing About Sense of Humour

- It is very individual.
- It isn't static, and it changes as you grow older and experience new things.
- It needs to work with other Senses (like Sense of Control and Sense of Belonging). For instance, it is good to laugh with others, not at them.
- It's a very important coping tool.
- Laughter triggers relaxation and can help release stress-reducing hormones.

Ways to Strengthen Sense of Humour

- Speak to yourself helpfully.
- Schedule regular enjoyable events into your life.
- Don't take yourself too seriously.
- Understand that other people's Sense of Humour might be different to yours, but laughing together can be bonding.



What if I'm Struggling with My Sense of Humour?

Many people experience times in their lives when things seem hopeless and the future looks tough or empty. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good places to start. Some other helpful resources include:

WEBSITES

www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.somazone.com.au
www.inspire.org.au

HELPLINES

Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING

www.kidshelp.com.au



SENSEABILITY