

## **Go Ahead and Laugh!**

“Laughter is the best medicine.” We’ve heard the expression time and again. For decades, researchers have explored how humor helps patients relieve stress and heal. Melissa B. Wanzer, professor at Canisius College in Buffalo, New York, has taken it one step further with her research on how humor. She looked at how humor affects older adults when she recently collaborated on research that found aging adults who used humor more frequently reported greater coping efficacy, which led to greater life satisfaction. This was the third study she conducted where the conclusion was the same. But what if you don’t consider yourself to be particularly funny? Wanzer says that while you can’t change your personality, you can find ways to integrate humor into your day-to-day life and change your communication patterns. Wanzer says that telling jokes is just a small portion of humor communication. “I also tell people to use what is around them, every day situations can actually be quite humorous, so long as they are stories told with a good attitude and appropriate sense of positive humor.”