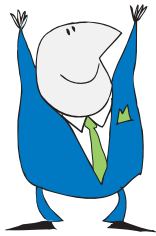


# Fill Your Life With Humor



- ☺ Keep really funny people in your life.
- ☺ Buy silly things that keep a smile on your face.
- ☺ Start a humor library.

- ☺ Attend fun-filled events.
- ☺ Post up new cartoons each week at home and work.
- ☺ Create a humor break room.
- ☺ Make other people happy.
- ☺ Learn to laugh with others.



- ☺ Dress up in a funny costume and surprise someone.
- ☺ Send a humor first-aid kit to someone in need.



- ☺ Set a Smile Goal, e.g.,  
"Today I'm going to give away 20 smiles!"

(Adapted from Yvonne Conte's Serious Laughter, 1998)



**CROUSE HelpPeople<sup>SM</sup>**  
**Employee Assistance Program**

**Call 315/470-7447 or 800/777-6110**

Office Hours: 8:30 a.m. to 5:00 p.m. weekdays  
Evening appointments available

600 E. Genesee St., Suite 325, Syracuse, NY 13202  
Fulton office available

E-mail: [Crouse\\_Helppeople@mail.hcdis.com](mailto:Crouse_Helppeople@mail.hcdis.com)  
[www.crouse.org/helppeople](http://www.crouse.org/helppeople)

# What We Can Learn From A Dog?!

- 🐾 Never pass up the opportunity to go for a joy ride.
- 🐾 Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- 🐾 When loved ones come home, always run to greet them.
- 🐾 When it's in your best interest, practice obedience.
- 🐾 Let others know when they've invaded your territory.
- 🐾 Take naps, and stretch before rising.
- 🐾 Run, romp and play daily.
- 🐾 Eat with gusto and enthusiasm.
- 🐾 Be loyal.
- 🐾 Never pretend to be something you're not.
- 🐾 If what you want is buried, dig until you find it.
- 🐾 When someone is having a bad day, be silent, sit close by and nuzzle.
- 🐾 Thrive on attention and let people touch you.
- 🐾 Avoid a bite when a simple growl will do.
- 🐾 On hot days, drink plenty of water and lie under a shady tree.
- 🐾 When you're happy, dance around and wag your entire body.
- 🐾 Delight in the simple joy of taking a walk.
- 🐾 No matter how often you're scolded, don't buy into the guilt thing and pout...run back and make friends.

