Laughter: The Best Medicine

Program Guidelines February 2012:

- Create an environment where you and another individual can share a good laugh
- Record positive experiences for your own future reference

TOTAL PARTICIPANTS: 7,165
ONLINE REPORTING: 5,268 reporting, 4,602 compliant
ONLINE SURVEYS COMPLETED: 2,617 37%

SURVEY RESPONSES
Did you enjoy this approach to improving mental health & well-being?
98% YES  2% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Laughter: The Best Medicine?
88% YES  12% NO

Will you participate in the next program - Ironman Triathlon Fitness Challenge?
83% YES  17% NO

1-POOR, 2-FAIR, 3-GOOD, 4-VERY GOOD, 5-EXCELLENT

Emails  4.05
Recipes  3.68
Website & Tracking  4.11
Prizes - Gift Cards  4.10
Overall Program  4.16

PERSONAL BEHAVIOR BEFORE PROGRAM
Time spent laughing  3.80
Mental health & well-being  3.74
Productivity work/home  3.71
Overall well-being  3.75

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM
Time spent laughing  4.17  10% ▲
Mental health & well-being  4.03  8% ▲
Productivity work/home  3.99  8% ▲
Overall well-being  4.04  8% ▲
EHA MEMBER COMMENTS

LOVED This!!! My favorite one so far and it's absolutely amazing how much making sure you get in laughs each day really boosts your mood and changes your whole outlook!! THANK YOU!!!! I'm not stopping since February is over, just like this physical activity 30 min each day and healthier eating portions, I'm keeping the laughter too!

I love these programs, I hope you continue them for years to come!!

I love the quotes you had last month! Funny! We do Brain Gym in my classes before we start class and when we were doing our hook-ups, I would think about laughter being the best medicine and telling myself to stay positive today and to have patience with the students. I say that every day.

I made it a point to share a joke at our dinner table instead of grumbling about how my day went first. It put all of us in a better frame of mind and seemed to curb the grumbling a little.

This program was wonderful! I loved all the great humor passed around from staff members. I even had my family members sending me jokes every day! It really cheered a lot of people up!!!

I heard some wonderful "clean" jokes and enjoyed passing them along.

It was fun at the end of the day to go back and think about the time of the day that was the most enlightening. Put me in a good mood at the end of the day.

We are very fortunate to have access to a wonderful program! I am planning being more involved with it in the future.

I just want to let you all know that I am still exercising and logging my time since the December's challenge. I exercised every single day except for four in January and three in February. Your program got me into the habit that I refuse to let go! Thank you! This last month was fun, but not all that challenging. I was, however, much more aware every time I laughed. It made me focus more how important fun and laughter are in my life.

Last year at this time my bad cholesterol was bad and my blood pressure was high. I just had it rechecked this week and it is where it should be. I have really cut down on my salt, watching what I eat, and exercising. It has helped to have incentives to keep going.
I have lost 30 lbs. Since the beginning of the school year!
Exchanged jokes daily with my little students. They laugh so much you can’t help but
laugh, too! (Even when the joke was not that funny!) They are still telling them in
March.

I really needed this as my dad had passed away the month before. I was able to think
about fun positive things.

So excited to be able to work on better balance at work and home.

Loved it!!!!

Easy. The tracking tool was great...sent each day.

I have lost 51.5 pounds!

I had so much fun trying to find the fun. My husband and family got to benefit as well. I
will keep this up every month! Loved it!!

THIS WAS SOOO MUCH FUN!!! CAN’T WAIT TIL THE NEXT ONE!!

My husband lost his job right before we started this, but we were determined to keep a
good attitude. Laughter really helped.

I live in Kearney and spend 1 and a half hours on the road each day. It is a challenge
to participate, but this laughter fit right in with my schedule. I have a good sense of
humor so this was a piece of cake. I do think it has inspired me to do more. I actually
started walking at the mall two or three times a week. I have had a rough year and lots
of things going on that consumed my time when I could have been exercising. I hope
to do better now that spring is here.

Love the idea of being part of a group focusing on bettering ourselves!

It was fun getting funny (clean) jokes, etc., from colleagues, then passing them along
to friends, etc. Then friends and relatives "got on the band wagon" and joined in on the
fun.

It was fun to make a point to get someone at work to laugh and then tell them to go
record it!

February is traditionally the toughest month for me. I usually am at risk for mild
depression. Having another strategy to help fend off the doldrums really helped this
year. I am happy to report that I remained...well, happy!

I involved my students in the laughter, so if I get my $25 card, I'm going to share with
my kids who provided the laughs for each day. They brought in jokes each day.
This is a great program. Trying to laugh much as children.

My husband and I really enjoy your monthly challenges. I especially liked the laughter and the recipes.

Thank you for February's idea. I shared it with my 7th grade students and they have enjoyed learning about the importance of humor, joy, and gratitude. They have also learned the origin of chicken crossing the road jokes and knock knock jokes. They have written doggerel poetry to make each other laugh and they have shared jokes also.

I am a library paraeducator and used this month as an opportunity to get students involved with Laughter. First, I found suitable jokes on the internet, then explained to them why laughter is important. Each day I wrote a new joke on the board and the students enjoyed trying to guess the answers.

Was able to get other people laughing, which was my goal. Boss told me that my joke of the day was a great moral booster.

This was sure fun. We need one of these laugh ones every year in the winter when everyone is tired of cold, snow and gray.

I'm so glad that you took the time to give some "GOOD NEWS" - too much bad all over the place!

I loved this month. It's great to promote the importance of good mental wellness!!!!

It was fun to hear jokes from fellow colleagues & it was something different!

It was nice to get some fun emails from co-workers. I think it made us aware that we don't always have to be so serious about work.

It's a great way to see/observe that we each have happiness in our lives and reflect on those moments.

Several of us shared the "joke of the day" which usually lead to more tall tales.

It was good. The only reason I'm not doing the next one is I'm having surgery.

I loved waking up every morning and reading the "Joke of the Day" on the computer. I also loved repeating it and making others laugh!

Loved it! I put up a Joke of the Day in our staff lounge. Staff looked forward to it every day!

Great recipes!
This mostly made me become more aware of how often I forget to laugh. Work stress and home stress sometimes makes you forget about the laughing.

We had a lot of fun with this month's challenge. A staff member sent daily emails with links to funny videos. Gave us our daily laugh.

Love the recipes; our district also had a "laughter committee" of sorts - fun stuff!!

The best was sharing a story with my students and laughing with them.

Our staff had a belly-dancing competition inspired by this contest and we all got our laughs in that day!

A program that everyone can and should do!

Love the Mental Health – Well-Being Motive.

It's amazing how a little laugh can change your day.

It was great to have a program that took little time - it does not take much time to laugh or if you look, something to laugh at. Keep up the good work!

I think I've become much more positive than I was before.

I enjoyed the jokes in the emails.

Loved this aspect of our well-being. We often forget that we need to think about our mental health as long as things are going well.

Puts focus on health and well-being.

It was fun for staff to send cute stories or cartoons during this time. It kept a general focus on positive and humor.

I really enjoyed receiving e-mails and jokes every day from staff and EHA Wellness.

I love that we made laughter an important part of health!

I really enjoyed receiving e-mails and jokes every day from staff and EHA Wellness.

I enjoyed sharing a joke of the day with my students and they really looked forward to "Laugh Time", too.

This was really nice to focus on laughter. I tend to be a more serious person, so the reminder was great!
I like to laugh. People that are around me, say that if I wasn't able to crack jokes, they'd think I was sick.

This program made me more aware of how sharing a laugh with a family member or co-worker can be a stress reliever and create a positive home or work environment.

It made me more aware of the time I spend in a rat race and don't enjoy life. Even my students in my classes got involved and had jokes for me.

Shared jokes via e-mail. Some responded with "Where Have You Been?" Good to share a laugh again.....

We had a lot of discussion about laughing...but we always have fun in our office...so not much of a change for us. Jamie did a great job of sending us things to laugh about!

So enjoyed the email jokes and recipes!!

I looked forward to the emails sometimes saving them to open when I knew I was going to need the laugh.

Was a great program. We told jokes daily and still are carrying through with the jokes. Makes the days brighter. Thanks You!

This program really made me think about laughing - even at things that could have been annoying instead. Spilling coffee could be funny if you choose to look at it that way.

It is nice to focus on something fun for my health.

Feels good to focus on health and receive emails with focus on monthly topics.

Had a great time with my co-worker doing this activity.

Enjoyed this program. Our area made a point to have a group joke/smile/laugh. Fun and team building.

Enjoyed the humorous emails.

Since I deal with a lot of Spanish speaking families. It was hard to translate some of the jokes, but I did and I put my own input. Thanks for sharing...

Thank You for your programs. I appreciate the work it takes to organize them.

Great idea for the winter blue months following Christmas holiday!
This was a great program! I loved the one-liners, etc. I have always used humor in the classroom and this month tried to encourage the students with it. My family blesses me with wonderful senses of humor so we share many laughs each day.

After the holidays it gets very stressful. The laughter best medicine helped me to be more motivated, laughing more and looking at things in a different way. I started working out in the gym more. Spending time with family and friends.

I did cut and paste all the reason for laughing. I have shared the list with friends and students.

We make sure everyone in the office laughs every day!

It wasn't as challenging but it was fun to see what different people did to get people to laugh.

It gave the okay to spend some time during the day, lightening the mood.

Great positive fun!

Great reminder to laugh and find positives in daily life!

Other teachers sent funny stories to share, which I appreciated.

I was more aware of making sure that I did laugh at least once during each day. It made me feel better.

I like to find ways to make people laugh. This was like a little push to make sure I did.

Our office enjoyed bringing stories to make each other laugh.

Great! Loved it!

I like to find ways to make people laugh. This was like a little push to make sure I did.

This was loads of fun.

I enjoyed the jokes/stories online and our department seemed to have more going around on email. Sometimes I would be laughing out loud.

I started watching The Big Bang Theory on T.V. Hilarious show!

So much fun.

I enjoyed laughing with my co-workers.
It was great to do this month’s tasks. It was lots of fun and a great way to make time at work wiz by.

I was amazed to find all of the funny stuff that I receive regularly from friends. This activity allowed me to pay closer attention to how much I am already involved in this. I liked that!!

I really like the one-liners. I read some to a colleague and she said she would have signed up if she knew you were sending jokes.

Made me aware of things that made me laugh. Sought out some funny things that made me laugh as well.

I enjoyed the "excuse" to have fun and laugh!

We need to laugh and this had us thinking about it and making an effort to make laughing more a part of daily life.

At work we would share more funny things so that we made sure that we had a GOOD laugh every day.

Enjoyed helping others in my department laugh on a daily basis.

I think this was a really good challenge. On top of making sure I laughed, I did a better job of being grateful and appreciative.

Laughing makes you feel better.

I love to laugh and I enjoyed this wellness overall.

Laughter through tears is the best emotional outlet.

AS a music teacher we always have something to laugh about and in general I've always been a positive person. I think laughter is very important.

Loved this program. Sent out a "joke of the day" to staff daily and got a lot of positive feedback.

I liked the jokes sent by email.

Loved this program!!

Bring a laugh or smile to others made me feel even better inside.
Made me more aware of when I was laughing and that it was actually making me feel better.

Having a good laugh can make a bad day not so bad. Kids have a real sense of humor and don't even realize it. They can be so funny!!

Had a great time looking forward to a morning laugh. Great way to start the day!

I love to laugh - I didn't realize that laughing was so good for you but I am always laughing!!!! :) 

We already enjoy a good laugh at work just about every day, but we were more aware of the laughter that we did and even made comments about making sure someone laughed. Laughter is very contagious if you start sharing!

This is a nice refresher. I love to laugh and having other positive people around helps keep the day light hearted.

Enjoyed the "jokes" - they brought a "smile to my face".

I am looking forward to trying the vegetarian recipes.

I enjoyed the little fun jokes that we received. They made me laugh even more. Thanks and I look forward to the next session.

I am like that you are keeping my focus on my health! Thank You!

A good way to encourage positive outlooks is through laughter. I liked this program.

I have enjoyed all the jokes and my coworkers share comics with each other.

Of all the programs, this is my favorite...laughing is wonderful.

I try to laugh every day. Life is too short to dwell on. I don't like to be around depressed people or people who are unhappy most of the time!

I enjoyed the one liner jokes and learning the ways laughing and humor improves one's health. Reading those every morning was a good way to start each day and I shared many of them. In the stressful times we live in, seeing the humor in life is more important than ever.

Great Program!

I am a full believer in laughter as it helps increase ones spirit and attitude.

I enjoyed this session very much and will continue to make myself and others laugh.
I spent time everyday laughing with friends and family.

I am always looking for new jokes to tell. People love to laugh.

Our staff at school starting to circulate almost daily "laughs" such as cartoons, jokes, quotes, etc. that were related to education or just life. They always put a smile on my face and also gave me a hint of the humor of my co-workers!

Staff got into this one a little more. I guess they can laugh more easily than exercise or eat right.

This program made me even more aware that a positive attitude is important to well-being. It felt good to really look for reasons to have a good laugh during the day!

The program made me take a more active role in finding a joke to share. It was a positive experience for me and my office associate.

During a stressful time a year it was wonderful to start my day with a joke or at least something positive!

Made me realize that I did need to take time to enjoy the moments. I did not feel so stressed all the time.

Enjoy your programs!

People should always find time to laugh. It is a great stress reliever to be able to laugh off your mistakes.

What I did for the laughter is the best medicine month, was to find a joke of the day or a funny picture of the day and I posted it on the staff fridge. It was fun! I always made sure the jokes were clean and short.

This particular program helped me focus on not taking things so seriously and to look for the humorous side of life. It definitely helped my attitude and is something I intend to keep doing on my own.

This has been very good for me this month. My Mom was put on Hospice so I needed to be able to find something to laugh at. Thank you!

Even though I have always enjoyed sharing a laugh or good story with colleagues, this program increased my awareness of the benefits of humor and not taking life too seriously!

I made a conscious effort to find something to laugh about each day. I need that!
Laughter made my day go smoother and I felt like I had more energy.

Enjoyed participating in the Laughter "The Best Medicine". It was very positive.

Humor was great for all faculty and staff!

I’m glad I was again reminded how true this is.

I have lost 7 pounds and I feel more happy in general.

I very much appreciated this different approach to health. Laughter truly is the best medicine...even for those who are not ill. And, it's fabulous for the prevention of illness!

Our local contact person shared some wonderful short videos that gave me belly laughs!

The recipes were better this time.

It was fun to share the jokes from the emails. Thank you!

Shared riddles with my students - they loved it!

I loved the daily "laughs"--it was a great way to start the day and stay on track.

Thank you for the Program. I believe we need to take care of ourselves better, and this a good way to try to do so.

These programs keep me more aware of my health issues. Keep them coming!

I look forward to the daily e-mails and incentives.

Loved the daily jokes. Began to look forward to them. Will miss them next month!

Enjoy laughing with other teachers.

Building a closer bonds with coworkers enjoying our work and laughter.

This program made me realize how much I do laugh throughout the day. Many examples came from my little boys and their responses to things.

Very nicely done really made me think about the day. Laughing really can make a person feel good about what is happening around them.
This caused me to laugh more and to make others laugh. I also noticed how much folks frown during this experiment. It's amazing how a smile makes a person look better. :) Thanks!

More than anything, I think this made me be aware of how much I laugh, when, and with whom. Having to think back a day or two and remember if I laughed that day or not was a good way to reflect on what was going on in my life and how I felt about it. I liked this program and it was really easy.

I believe everyone should laugh and especially at ourselves. Laughter is contagious.

I generally try to laugh at least 3 times a day by telling stories, reading humorous stories, and encouraging others.

Humor is one of my best assets because I remember my aunties and how they loved to laugh when they and my mother were together for church, funerals, reunions, whatever the occasion, you could always guarantee we would all be laughing.

It carried over into my classroom. The students now expect either a joke, or a smiley face on the board-OR if I can't come up with one they get one minute to make their neighbor smile. GREAT TIME!!!

I liked the ease of this program...and the reminder emails - it lifted my spirits. I think the timing was good also.

I have always shared a joke with co-workers it was nice to get some new ones.

I enjoyed the humor at the breaks in my day.

Thank you....this has been a fun way to keep exercising!!!

Many of the recipes were great. I used a number of them.

Had lots of people running around telling jokes and spreading cheer. It was a great excuse to go talk to other people and just have fun!

I enjoyed this month with the laughter and the jokes sent each day. It is so positive and makes you feel good every day when you open your email. It also made me think each day to put laughter into my day!

I laugh more during the day than I thought I did.

I believe everyone should laugh at least once a day!

Enjoyed the daily emails and recipes.
I had a particularly difficult February. Due to lots of work stresses, I experienced a great deal of anxiety. Being sure to laugh several times a day really helped. Thanks.

I would look for opportunities to make people laugh. It was fun.

It was great trying to find a joke or something to smile about each day. A good goal for everyone to try and sure helps to keep you in the right spirit of things even on the bad days!!

I think this was a very light-hearted way to make sure you have a good attitude throughout your day. It was fun to see who you could laugh with each day!

I was just more aware of having a more positive outlook and taking time to laugh and find humor in life.

This was a fun program. At the beginning of the program, our program rep asked for jokes/videos/pics to make us laugh and she combined them for an e-mail a week. It was a wonderful start to each week in February :)

I love the constant communication.

I enjoyed to jokes & funny statements very much.

I enjoyed reading the "jokes" each day.

Loved your humorous sayings in the email each day. It was a stressful month so thanks for the reminders to be positive and laugh.

This program made me more aware of how much laughing with friends and looking for the positive recharges my batteries. Thanks!

I enjoyed this month’s challenge.

Very easy to use and a nice way to start my morning

I enjoyed Laughter: the best medicine, it helped on stressful days to laugh instead of stewing!!

We had a lot of fun with this by putting jokes on our announcements and posting them even in the bathrooms!

Loved your jokes, really.

I loved finding new ways to laugh and finding people who need to laugh and laughing with them!!!
I often use humor during the course of my day, but I became more aware of it while participating in this activity.

I looked forward to the emails that would include a joke to help us laugh. It seems like a lot of the forwarded emails I got were also jokes that helped.

Made more aware of things.

My husband looked forward to hearing my laugh for the day.

It was fun to have an excuse to tell jokes or share funny stories!

I love the jokes, as I share them with my grandchildren when we talk on the phone (they live out of state)!!

Laughter is important I just don't do jokes very well.

I don't laugh enough so it was good to focus on that part of my mental and emotional well-being, and it does make me feel better physically too.

I am real health conscious to begin with, but it was nice to have laughter brought to the forefront.

This month’s program has helped me realize not to take everything so serious and enjoy laughing at the fun things in life. Thanks!

This definitely was a day brighter.

The emails were very funny!

Laughter the Best Medicine was the best program yet. I think everyone was engage in one way or another. It was great to see the participation amongst everyone.

An old principal of mine always used to say "Who has more fun than people?" Turns out he was always right about this-thanks!

I enjoyed the atmosphere created at work - people sharing jokes and funny stories on purpose.

I enjoyed LAUGHING SO MUCH THIS PAST MONTH!!!

Thanks for making us laugh! It is a challenge everyone can be successful at!

Loved reading the jokes every morning. Made for a great start for the day. Thank you for the $25.00 gift card, I won. Keep this up, it's fun.
I looked forward to the emails every day. I thought the jokes were very funny and a bit cheesy, but I laughed anyway.

Loved the one-liners!

Great idea to consider "mental" wellness also. Would prefer anecdotes to "one-liners." Even just inspirational stories would help.

I absolutely loved this program. For me, it's so easy to share a laugh every day. I can't believe we had a few who admit that they don't laugh at least once every day!

This was very easy to do because it is already part of my daily "diet". A lot of time is spent laughing at coffee with the gals every day and on bridge day we continue laughing!

It's great to be reminded to enjoy every day!

"Good" laughter is always uplifting and puts you in a better frame of mind.

I truly enjoyed this program, many of the people I worked with did not participate, which was disappointing.

I laugh a lot anyway, but this made me more mindful of the benefits!

Thank you for this program. It is nice to have supports available for good mental and physical health.

We received daily e-mails of youtube videos that were great! You would also hear staff noting when they shared a laugh together. We discovered we laugh a lot!

I enjoyed the daily emails--it brightened my outlook/mood.

Loved sharing some laughter with my coworkers. It was a great program....

For people who by nature are positive and happy about life, this seemed too easy of a challenge! I laugh every single day, rain or shine-but I do like the concept of trying to get others to join me! :-)

It was fun!

Love this idea!

We have a fun office. A day doesn't go by where we don't laugh.

As a faculty, we noticed laughing more--although we are pretty funny as a rule anyway.
I became more aware of how I look at life. Laughter helps get you through your day.

Laughing can be contagious, when I heard a certain person laugh, I couldn't help but laugh and then check out why she was laughing.

During the program I was more conscious of the laughter that was occurring in the workplace as well as in my family.

This was fun.

I love to laugh! Just the awareness for everyone to have that laughter is good for physical and mental health benefits!

I like having one or more friends doing these with me. A lot more FUN than being by yourself.

The overall program has been great and a lot of fun.

Shared jokes in our daily announcements. People in the public, commented on how they enjoyed the humor of the day. Will keep using humor periodically just to remind others to keep laughter in their lives.

My co-workers and myself were more aware of the need to laugh and made several comments regarding the fact that we were laughing because of that need!

I love to laugh and always make a point of it every day but with this program I found myself laughing more and making others laugh more. Loved to be able to participate in this program!

I now consciously look for ways to make myself laugh.

I have always tried to find the "funny" side of most situations. It helps with the stress. Nothing is so bad that can't be handled. Thinking, "in a hundred years no one will remember anyway" really helps.

I looked forward to getting my daily dose of chuckles. I then emailed the jokes to a 85-year-old woman, recently widowed, a young woman with breast cancer and other family and friends. It has had a ripple effect.

This was the best! We don't know how laughter can change a mood, or make you feel. I would do this again.

I enjoyed the response I received from those I sent funny things to.

Truly looked forward to sharing a laugh with my coworker! Thanks for the excuse to find the funny in everything!
I liked this program! Very good idea at this time of the year!

Enjoyed sharing jokes and laughs with co-workers.

Thank you!

I didn't realize how much my husband and I laugh together until I started keeping track.

Great idea for your program.

I enjoyed this program but had some strenuous family situations that cause discontent and worry. If this bad situation had not happened, I believe I would have completed all 29 days with laughter. Thank you.

I really enjoyed the jokes. It made me smile first thing in the morning. Thanks!!

This was a great way to spend time thinking about laughter and how great it feels to share laughter and feel great.

I thoroughly enjoyed this month’s program!

Even though we laugh with our co-workers and family every day---this made me more conscious of laughing as a good behavior and healthy habit!

Enjoyed the jokes!

I lead a yoga class. We've been working on laughing. This is part of my community service.

I enjoyed the comic lines.

What a great idea! My 87 y/o mother lives with us and I know we encouraged her to laugh as well.

Good program - easy to do!

Laughing in contagious, so get your coworkers to laugh and everything will feel better.

My family has always been a family of laughers, but I noticed this month how often we really do laugh and how it helps relieve stress and tension.

I had a total hip replacement two months ago. I am a very happy person and that has gotten me through a rough time. I love joking around and laughing! Laughter really is “THE BEST MEDICINE”!
I thought this was a fun aspect to consider! It really made me more conscientious about if I had laughed each day.

I connected with the janitor. He brought me a joke of the day and our relationship grew.

Daily reminders were helpful!

I liked the jokes daily, it made a great, fun start to the day.

This kept it up front in my mind of how important it is to keep thing in perspective and not take everything so serious.

The reminder to laugh everyday was a good one. Thanks for making me look for ways to put more laughter in my life.

I wanted to share how I got my laughs. I did a challenge on Facebook, offering the friend who made me laugh the hardest a homemade scarf. I received several funny posts each day. I had friends tell me how much they enjoyed laughing along with me. Now I have to make the scarf!

I always feel better after a good laugh. It makes life much more enjoyable

Even though I normally like to laugh and have fun, this program was a good reminder. :)

Putting more humor into one’s life is one of those things that lots of people talk about, but don’t do. This program put their money where their mouth is and spent a lot of time and effort reminding us all just how important humor is for having good health.

It was nice to have a daily reminder to stop and think about your overall health.

I have the best job for laughter the children do things on a daily basis to make me laugh.

Loved receiving a daily joke which I shared with my ass't. and then we both laughed!

I always thought I was a positive person. I tried to share that positive more often with people I felt didn't always "show" their positive side. I love to laugh so this was fun and easy for me to do!! :-(

I loved the reason to laugh.. and we did. Thank you.. the jokes were really funny as well. Thank you!

Really nice enjoyable notes to read each day.

Loved this...made me more aware to look for the humor in situations!!! Thanks!!
During and after this program I'm laughing more often and I feel better.

This was a fun way to improve our well-being, thanks for doing it.

My husband and I enjoy laughing together. This program enhanced our time laughing!

It was nice to be able to 'lighten up' at work and laugh.

It reminded me to lighten up and remember when I did have light, funny moments throughout the day. Thank you.

I think this month's focus made an awareness of the importance of laughter and a positive attitude.

My goal with my trainer is to lose 12 lbs. this year. I lost 2 in January and haven't checked since. Keep the recipes.

This program caused me to focus more on one aspect of my personal health. Seems like a good way to make progress.

I enjoyed laughing every day! Life can be so challenging that it is so good to find humor in some part of your day! I looked forward to your daily jokes each day. A great way to start my day! Thank you!

Looked forward to each day's humor!

This program helped the teachers that I work with and myself share more laughs in the lounge rather than complaints. :)

Really did like the laughter and it helped me realize one needed to make a little laughter each day. Liked the ease of signing in.

This was a lot of fun. I enjoyed all the new jokes and laughing with my friends.

Will try the Ironman but not sure I will do as well as the laughter.

There are some classes I struggle with, but when I had to search for something to laugh about, they weren't so bad. :)

I had a BLAST with this program. I enjoy being around people who can make me laugh so I was constantly seeking out those people. I started looking for funny material to share with others in our building as I work in a very stressful job as an autism teacher. I enjoyed the jokes that were shared online and as time went on, I noticed my para professionals getting into the jovial frame of mind as well. Thank you so much for this wonderful program. It is EXACTLY what the doctor ordered!! Keep up the good work.
We had more laughter in the office this month than we have ever had. It was great. Laughter is good for the soul.

Great reminders of the importance of attitude on health.

Loved this!

Thank you for the program. It gave me something to look forward to. It was fun to share with the staff.

Laughter is always something that makes us feel better, but without the accountability we don't always take time for it. This was a great motivator to make time each day to laugh and enjoy its benefits.

I liked the comments at the beginning of the email. I already listen to "the joke of the day" and if you work with middle school students...you hear at least one joke a day. The only day I did not laugh was the last day of the program when I had the flu.

Great program!

This was FUN! Enjoyed sharing laughs with students, co-workers, and friends daily - Facebook was a good tool too!

For Lent I am reading a book that is a huge positive for me. It is something I've needed for a long time. I really enjoyed the nudge to laugh in February. Thanks!

I feel the stress that I sometimes have can be relieved by laughter, and it makes me feel so good.

I am more aware of how important laughter is. I spent an hour watching Golden Girls after this program ended so I could laugh. My husband joined me in the chuckles.

Excellent program!

I sent a "morning funny" out every morning to all our staff members. I plan to continue sending them out. Thanks for the incentive to do this!

In our secretarial group one of the gals had an early morning story(joke) to share with us to start our day. Was a great ice breaker.

The program made me seek out avenues to lighten up…and to share a more fun spirit with my co-workers.

The reminder to make happiness an INTENTIONAL part of everyday was a great idea.
We try and pass a joke or a funny story around every day on our floor.

Humor is the spice of life......

I laughed every day. I really liked the jokes. I enjoyed the recipes, I am going to try every one of them.

Our staff here at Marian regularly sent out jokes which added to the laughter of the day.

February was a rough month for me due to a family member becoming ill/hospitalized, so it was very good medicine for me to remember to laugh and to laugh often...it really helped me get through the crisis I was going through!

My co-worker and I made it a point to share a good laugh every day!

I've become more active and have lost some weight.

It was fun finding and sharing jokes with others on our team this month.

This month's wellness program was very easy for me because I am a naturally a happy person. I hope I win a gift card.

Everyone at worked seemed to be focused on laughter during February. It was even the focus for our all-staff meeting.

I didn't realize how much I laugh and with whom I laugh. Now I am much more aware!

A good program, just a crazy, busy month.

Great idea...I enjoyed the one liners:) The program reminded me to stay positive and that humor is a good thing to share.

It made me more aware that I shouldn't be so serious and to laugh once in a while. I enjoyed getting a joke of the day or a laugh from a co-worker.

Smiling and laughing always makes a person feel better!

It reminds me to do simple things which I should do all the time. Thank you!

Love the recipes and clever jokes!

This program has been a beneficial stress reliever and morale booster. Nutrition and mental health tips have excellent. Thank you!
Try to make someone laugh with a funny story or joke. If they didn't think it was funny they would laugh because I was laughing which made me feel good. (must be contagious) I actually feel less tired and more energy since this last program. :)  

Funny stuff :)  

Wonderful program very well run!  

I'd have a joke to share with my family. I never seem to hear good jokes anymore.  

I developed a greater awareness of my attitude.  

The old saying, "laughing is good for the soul," is an understatement because it is also good medicine for the body. I have enjoyed this month contest.  

I always enjoy a good laugh :) I try to make someone laugh everyday....esp. if they are NOT someone who laughs a lot...my personal goal!!! Thank You!  

Focusing on when I laughed allowed me to highlight positive emotions and make them a priority.  

Appreciate these monthly challenges to continue to work on life-long habits. Thank you so very much!!  

Loved some of the jokes and the research on the positive aspects of laughing/smiling. Will use some of it in an activity class I teach.  

Interesting to consider how much I do or don't laugh in a day.  

Thank you for this tool to use to keep me accountability and keep myself on task. Thank you so user friendly and helpful.  

I was made mindful of the many possibilities for finding humor that exist during the day and how much it bears on the well-being of the psyche.  

I put up quotes and pictures in our Teacher's lounge to make you laugh or smile each school day of February.  

I got others involved in laughing more.  

Laughter is an overlooked part of our total health. I think our staff enjoyed the program.  

I enjoyed the humor!  

Great jokes and sayings!
Was a lot of fun!!

Love the February theme!!

Tough school year so this was very fun to participate in. My co-workers that were not enrolled wished they had.

Laughter really does relax the stress in one’s life.

There was definitely more laughter and smiles shared among staff at this campus this month. Stress alleviation was evident.

It made my whole day better when I had a good laugh each day. Good stress reliever, Thank you for such great programs and new ones to look forward too!

Loved the daily humorous quotes.

It feels so good to laugh!

It was fun to share a laugh with others; it brought us closer together.

This gave all colleagues ‘permission’ to actively share jokes and laugh.

My students and I shared jokes every day so all of us were laughing more.

This was fun...I thoroughly enjoyed it.

I already love laughing and joking around I thought it was really amazing that this was a part of a wellness organization! I remember when I was in middle school and me and my best friend would laugh so hard that we would say we could feel our abs forming!

I did have to say I spent time looking for funny animal videos to show my students and had several laughs over them. Yea! It helped jump start my day.

I thought about laughing more throughout the day because of the wellness program. I think trying to make an effort to laugh more actually made me think about laughing more and succeeded doing it.

I'm not sure I took full advantage of the program so please don't feel the program didn't work just because I didn't see any changes.

This challenge made me aware of my laughter, and forced me to reflect on the day to see if I had actually stopped long enough to enjoy a good laugh with someone.
I enjoyed this one very much. With all the daily stress in our lives, it was nice to have a laugh or two. Thinking about our health and well-being also helps to put our daily routines in a better perspective.

We actually decided to help each other laugh at my school by providing jokes and helping each other keep a positive outlook.

Each day when updating progress on this site I would check for a quick smile.

I reminded me to take time for myself.

I shared many jokes either by email or in person and some days that help others get out of a slump.

It reminded me to take time for myself.

A merry heart doth good like a medicine….amen!

We all need a good laugh with our stressful jobs!

I felt an overall sense of calm and happiness this month. I could tell a difference between this month and last month in these emotions…who knew!!!

I probably laugh more than the average person, but thoroughly enjoyed the laughter this past month!

I caught myself laughing at situations that I would have got stressed about before this month.

Really enjoyed this month!

I laugh a lot any way. My goal each day is to have each class get one good laugh in (if not more). Participating in this challenge made me aware of just how much I laugh each day.

I work at a school, so the kids always give me something to laugh at!

Our school nurse put up comics in the bathroom for us to read daily! It was Awesome!!

I loved it and this was one program that I knew I could succeed in.

A little laugh for the day always makes me feel positive and all happy inside.

I like to make other people laugh, but this time I had to make sure I laughed too! The hardest day was when I was sick and stayed home. That was the day without laughter! This program made me more aware of laughing and having fun with others.
This reminded me to find something every day to laugh about. It was fun to see others laughing as well.

I really enjoyed getting a laugh each day when I read my email. Made starting my day a little funny.

It is great to have an EASY program to help remind you about our health and well-being. Thanks for such a program! Keep up the great work and for keeping us healthy!

I get laughter in every day anyway...I love to laugh. I love to make people laugh and I especially enjoy laughing at myself. I am not embarrassed to share something dumb I have done or something that would otherwise have mortified another person. I believe in sharing those kind of moments with others so that they can feel "normal". I, many mornings, have to DECIDE on having a good attitude for the day. Winter months are hard without the sun and I also believe I have a rather dark soul so I have always sung in the halls...always tried to say hi and I am never afraid to be "goofy" :) People tell me that I am always in a good mood. "HA! No, I am not!" I think to myself...I have to MAKE myself cheerful and constantly be aware of how easily I can fall into a pit of griping, oh-poor-me pity partying...yep...I recognize my dark soul. ANYWAY...this was an easy segment for me because I love laughter. Thanks!

This has made me more cognitive of my own health and has caused me to reflect more on my mental health and my productivity at work.

Wonderful program I loved it.

I am very thankful for this challenge. My 4 month old has gone through some sickness and growth causing disruptions in my sleep. If it wasn't for the daily reminders to take life less seriously, I'm sure I would have been at my wits end more often.

Very fun program to complete!!

Enjoyed all the meatless recipes.

In my situation, if my immediate supervisor is not happy, which she is not most of the time, then it is almost impossible for my work to be a positive, productive or happy place to be. My happiness has to come from within myself and outside of work. This program has helped me to concentrate on that. Thank you for that!

One of my favorite things has always been laughter. This helped me be more conscience of how valuable time spent engaging in laughter can help mental health and overall well-being. I very much enjoyed this exercise.

I like the emails. They keep me aware of my commitment.
Our small work group discussed the program at lunch.

I discussed this program and the next with my spouse.

It was refreshing and nice to be able to share jokes from the emails with my family and others outside the organization that were not off-color.

My friends and I loved that we were part of this program and were so happy when we had gut busting laughter.

Laughing definitely improved my overall mood and helped me to have more energy and enthusiasm.

My husband had 4 way bypass surgery and we have tried to find something every day to laugh and be positive about. Thanks for the encouragement!

This was awesome! I had a great time! Thank you so much.

HUMOR IS HEALTHY...LOVED IT

Shared the funny stories with others.

Take time to laugh!

Loved the one liners!

This was a fun month!

My husband and children spend more time together with other family members laughing and loving each other.

Great to receive gift cards....great incentives!!

Looking forward to a good laugh in the morning was excellent! Almost had a "war" to see who would come up with a good joke or email. Thanks!

I believe laughter is one of the most important health aspects that is overlooked and equally important to diet and exercise. Great idea!

Loved challenging everyone I met at work to laugh. Lots of great jokes were shared via e-mail, bulletin boards and even the mirror in the faculty ladies restroom. :-) 

I was unaware of how much my Husband and I laugh when we are together. We began to verbalize to each other every morning positive, funny thoughts to help each other start our day. Thanks! We have continued to do this.
A lot of fun that got other staff members involved thought what we did.

Please keep 'em comin'

Great idea! Laughter IS the best medicine!

The laughter thing was not as motivating as the exercise logging! I always have laughter as a part of my day, so I enjoyed the jokes that were e-mailed to me.

Keep doing what you're doing. It's an enjoyable way to work on healthy habits. Thanks.

Love your program!

More gift cards; it's got to be my turn to win this time!

We should laugh more often!!!!

Keep minds sharp for overall health like trivia games or memory games etc.

I posted a joke for the day along with a thought for the day for my students in a daily PowerPoint I use!

People need to take the day just one step at a time. Just be happy.

I especially enjoyed some of the jokes included with emails. I usually share a laugh with students every day anyways, but it was fun to have a joke handy just in case.

Keep up the great recipes!

I did enjoy the laughter for the month of February though.

Love the program keep up the good work and I will keep participating in this wonderful program!

I wish it could continue every month. I have had a quote posted in my office for years..."The most thoroughly wasted of all days is that on which one has not laughed" Chamfort I'm not sure who Chamfort was, but he had the right idea. :)

I think just being aware of how positivity impacts us all has made a difference in levels of attempts made to see the bright side.

I am looking forward to the Ironman Triathlon and I'm grateful I don't have to actually run and swim. Biking would be alright . . . but I like the variety allowed. The fruit and vegetable challenge will also be very good for me! This is fun - thank you!
Thanks for the jokes!

More recipes.

Now if we could just add a little more sunshine to our lives during the Winter months, that would be great! It always makes you feel better.

I love trying all the new programs. Sometimes all you need is a little motivation to make things happen!

I'm excited for the next challenge. Game on!!!!

I like what we have done so far.

Thank you.

I hope you will continue to offer us this program.