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Have you ever heard the saying, “Laughter is the best medicine”? Well, it turns out there’s some truth to that. Laughing has been proven to have numerous benefits for both our physical and mental health, including reducing stress, boosting the immune system, releasing endorphins, and increasing overall happiness. Not to mention, making someone laugh can leave a memorable impression and even do you a favor! In this article, we’ll explore the importance of learning how to make someone laugh and provide some tips on the different ways you can do it. Why is it Important to Learn How to Make Someone Laugh? While not everyone may be gifted with a natural sense of humor, learning how to make someone laugh can have numerous benefits. For starters, sharing a good laugh with someone is a great way to bond and connect with them. Laughter is a form of communication that helps break down barriers and build trust. Additionally, making someone laugh can lighten the mood and turn a potentially stressful situation into a more relaxed one. Furthermore, being able to make someone laugh can leave a positive and memorable impression. Whether it’s on a first date, job interview, or meeting someone new, having a good sense of humor can help you stand out from the crowd and leave a lasting impression. After all, who doesn’t enjoy being in the company of someone who can make them laugh? What are Some Ways to Make Someone Laugh? Now that we’ve established the importance of knowing how to make someone laugh, let’s dive into some ways to actually do it. It’s worth noting that humor is subjective and what’s funny to one person may not be funny to another. However, these tips can be a good starting point to finding your comedic type and making someone else laugh. 1. Finding Your Type of Humor Everyone has a different type of humor that they find funny. Some people prefer dry humor, while others prefer slapstick or dark humor. It’s important to find what works for you and what you enjoy before trying to make someone else laugh. Your sense of humor will come across as more genuine if you’re not trying to force a style that doesn’t resonate with you. 2. Laughing is Contagious People are much more likely to laugh when they sense that others around them are also laughing. Laughing with someone is a shared experience that can bring people closer together. Try to find ways to laugh together, such as watching a comedy show or movie, or even just telling silly jokes. 3. Compilation Videos Thanks to platforms like YouTube and Facebook, there are endless amounts of funny videos and compilations out there. If you’re stuck in a rut trying to come up with something funny to say, try sharing a funny video that you think the other person will enjoy. 4. Physical Comedy Physical comedy has been around since the silent film era with stars like Charlie Chaplin and Buster Keaton. Even today, physical humor can still be effective at getting a laugh. You could try something as simple as pretending to trip or spill something, or even incorporate props for added effect. 5. Toilet Jokes Sometimes the simplest things can be the funniest. A classic example of this is potty humor. While it may be considered basic, it can still be effective at getting a laugh, especially if it’s well-timed and delivered with a bit of enthusiasm. 6. Laughing at Oneself Self-deprecating humor can be a great way to break the ice and make someone feel more comfortable around you. Sharing embarrassing stories or poking fun at yourself can show that you don’t take yourself too seriously and can put the other person at ease. 7. Puns If you have a knack for wordplay, puns can be a great way to show off your intellect and get a laugh. They can be a bit hit or miss, but when done right, they can be a real crowd-pleaser. 8. Sarcasm Sarcasm can be a bit trickier to pull off, as it can come across as teasing or even offensive if not executed properly. However, when used in moderation and with the right tone, it can be an effective way to get a laugh and show off your wit. 9. Using Awkward Moments Many people find it funny when things get awkward or uncomfortable. If you find yourself in one of these situations, don’t be afraid to use it to your advantage. Acknowledge the awkwardness with a joke or comment, and it can help diffuse the tension and get a laugh. 10. Understated Humor Sometimes less is more when it comes to humor. Subtle joking or unexpected comments can catch someone off guard and get a laugh. It’s all about timing and delivery, so don’t be afraid to experiment with different approaches. 11. Impressions If you have a talent for celebrity impressions, it can be an impressive way to get a laugh and show off your skills. Accuracy is key here, so make sure you practice beforehand. 12. Practical Jokes Harmless pranks can be a fun way to break up the monotony and get a laugh. That being said, it’s important to be cautious with boundaries and make sure that the other person is okay with the prank before going through with it. 13. Inside Jokes Shared experiences can be a great source of material for making someone laugh. Inside jokes can be a way to bond and build stronger relationships. 14. One-Liners Punch lines and catchy phrases can be an effective way to get a laugh in a short amount of time. Just make sure to choose ones that are appropriate for the situation. 15. Comebacks Fast delivery and the use of surprise can make comebacks a great way to get a laugh and show off your wit. Just make sure to keep it lighthearted and avoid being mean-spirited. In conclusion, learning how to make someone laugh can have numerous benefits, from reducing stress to building stronger relationships. While humor is subjective, these tips can be a good starting point to discovering your comedic type and making someone else laugh. Remember, laughter is contagious, so don’t be afraid to let loose and have some fun! In conclusion, learning how to make someone laugh is an important skill that can have numerous benefits, both for ourselves and for others. From reducing stress and boosting the immune system to building stronger relationships and leaving a positive impression, laughter truly is the best medicine. While humor is subjective, there are many different ways to make someone laugh, from physical comedy and puns to self-deprecating humor and practical jokes. By finding our comedic type and using these tips, we can all become more adept at bringing a smile to someone’s face and spreading joy wherever we go. So let’s all embrace the power of laughter and start making the world a happier, more positive place, one joke at a time. A secret of all funny people is their ability to laugh at themselves, and there are two ways of doing so. One of the ways is not to take yourself too seriously in life or what others say about you. It’s a hard one, and it takes a lot of practice, but everyone can learn to do it! Another form is becoming a master of irony and self-deprecation, that will make others laugh alongside you. It’s a common type of humor that people, no matter their age, delve into and find joy. Both ways contribute to the notion of how to make yourself laugh, whether that’s out loud or simply as a way to cheer yourself up. Think of your particularly embarrassing, cringe-worthy moments in the past and make them your new favorite funny ones instead! Then, try to reminisce on them with others or write them down to yourself, and the memories will hopefully make you smile. As Phyllis Diller, one of the most famous American comedians, once said: A smile is a curve that sets everything straight. Tip #4 – Surround Yourself with Funny People As a way of finding your sense of humor, you probably thought of the people around you that made you laugh in the first place. Keep those people close and try finding more of them who match your sense of humor. You can never have too many friends who can brighten up your day with their good puns or amazing anecdotes. And, as we all know, laughter is honestly contagious. Of course, it’s easier to cheer up when you cheer someone else up first, so try doing that, too! Tip #5 – Get a Pet Or perhaps you need a permanent fixture and a long-term guarantee for laughter? If you’re a lover of animals, getting a pet might be a perfect solution for you! You can count on them in any situation to uplift you and cause a laugh after they do something funny and cute. Scientists even say that having pets can affect mental health in a positive manner, which leads to more stress-free days full of laughter and joy. Although, keep in mind that getting a pet is a commitment not made for everybody if you only need a short-term solution. Worst case scenario, you can always visit a friend who has a pet. Find something that's funny so you're in a lighthearted mindset. Maybe someone told a funny joke, you're recalling a scene from a hilarious movie, or something just struck you as silly and made you laugh. You could even watch great performances by funny actors for inspiration. Isolate the moment that you found funny so you can remember it on cue.[1] You may think of an embarrassing memory that's become funny over time or remember a really funny line of a movie you watched recently. Advertisement People laugh differently depending on the situation. Think about it—you might have a deep, belly laugh if a friend's telling a really funny story or you might chuckle a little at something that's kind of amusing. These are different laughs for different settings and figuring out which to use can make your performance more effective. You may want to make notes on the script about how the laughter sounds.[2] For example, if you're playing a character that's surprised by something funny, you might have a lighter, higher chuckle. If your character is trying to hold back from laughing, it may be a deep, bubbly laugh that escapes. Not sure where to start? Study yourself, a close friend, or a character in a funny movie, and pay attention to all of the laughing styles you hear. Immerse yourself in the situation so you find it easier to laugh. Imagine how your character would respond to the scene around you.[3] This makes your laugh more believable because it fits the scene. For instance, if your character is being sarcastic, you may give a short, slow laugh. If your character is genuinely happy and joyful, you might give a big, goofy chuckle that doesn't stop for a minute.[4] Getting into character may mean that you spend extra time reading the script so you understand your character's personality and what they find humorous. For instance, if they're nervous, they may give a short, strained laugh. Not an actor? No problem—if you're trying to laugh at the end of a friend's joke, just follow the joke a little more closely. This can help you cue in on when to laugh and you might even find something truly funny in the joke. Advertisement Trick your body into naturally laughing by going, "huh, huh, huh." If you have a hard time getting into a funny state of mind, focus on the physical aspect of laughing. Say, "huh," or "ha," while you draw in your stomach. Repeat this, going faster until you're saying "huh-huh-huh," and it turns into realistic-sounding laughter. With a little practice, this is a great way to start laughing on cue.[5] This is a great laugh to use if your character will be laughing along with others. Once you get started, it's really easy for your body to take over with natural laughter. You can probably spot fake laughter—it doesn't sound natural. This is because real laughter uses your lungs and emotions to produce a totally unique sound. To trigger this realistic-sounding laugh, breathe in deeply and let out the air while you're laughing. You'll soon be laughing with your whole body so it's more natural than just making the sound with your vocal cords.[6] Keep your body loose so it's easy for your lungs to expand and your muscles to relax. Use this breathy laugh for scenes when your character might be reacting to something funny that someone said or did. You've probably seen someone laugh so hard that they've struggled to breathe. While you don't have to gasp while you laugh, the extra breaths do make it look like you're truly laughing. Advertisement You may have a good fake laugh, but make it more realistic with a smile. Instead of smiling like you're posing for a picture, remember a time when you were really happy or pretend to be joyful during your scene. When you smile, let it spread across your face up to your eyes so you look truly happy. Then, your laugh will seem totally natural.[7] You might cover your mouth with your hand or pat your chest. These little gestures can make your laughter seem more authentic than if you just stand up straight and laugh on cue. You can pick up on even more movements by watching people in a crowd.[8] For instance, some people find that raising your eyebrows while smiling can help trigger laughter. Your script might include physical movements that you should do while laughing. Advertisement You use a lot of muscles when you laugh so give them a workout! The more you practice laughing on command, the easier it will be since your body will be used to it. You'll also feel more confident as you practice, which will make the laughter seem more authentic.[9] [10] It can help to practice in front of a mirror so you can see if you're smiling and appearing genuine. Add New Question Question How can I laugh on cue during a play? Ben Whitehair Acting Coach Ben Whitehair is a Social Media Expert and the Chief Operating Officer (COO) of TSMA Consulting. With over a decade of experience in the social media space, he specializes in leveraging social media for business and building relationships. He also focuses on social media’s impact on the entertainment industry. Ben graduated summa cum laude from The University of Colorado at Boulder with BAs in Theatre and Political Science as well as a Leadership Certificate. In addition to his work as CIO, Ben is a certified business and mindset coach and Executive Vice President of SAG-AFTRA. He is also a successful entrepreneur as the Co-Founder of Working.Actor, the premier business academy and coaching community for actors. The more you're actually embedded in the character and the story, the easier it will be. Focus more on communicating with the other person than the final effect. I find that building a connection with whomever I'm in the scene with helps because then I'm having a genuine human connection. Question How can I practice laughing on cue by myself? Ben Whitehair Acting Coach Ben Whitehair is a Social Media Expert and the Chief Operating Officer (COO) of TSMA Consulting. With over a decade of experience in the social media space, he specializes in leveraging social media for business and building relationships. He also focuses on social media’s impact on the entertainment industry. 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Sometimes, trying not to laugh or telling yourself that you won't laugh actually makes it harder not to laugh. Think of something you've seen or heard before that always makes you laugh to make yourself laugh on cue. Making someone else laugh can make you laugh, too! Advertisement ↑ Ben Whitehair. Social Media Expert. Expert Interview. 3 June 2021. This article was co-authored by Ben Whitehair and by wikiHow staff writer, Jessica Gibson. Ben Whitehair is a Social Media Expert and the Chief Operating Officer (COO) of TSMA Consulting. With over a decade of experience in the social media space, he specializes in leveraging social media for business and building relationships. He also focuses on social media’s impact on the entertainment industry. Ben graduated summa cum laude from The University of Colorado at Boulder with BAs in Theatre and Political Science as well as a Leadership Certificate. In addition to his work as CIO, Ben is a certified business and mindset coach and Executive Vice President of SAG-AFTRA. He is also a successful entrepreneur as the Co-Founder of Working.Actor, the premier business academy and coaching community for actors. This article has been viewed 264,573 times. Co-authors: 71 Updated: June 3, 2023 Views: 264,573 Categories: Happiness Print Send fan mail to authors Thanks to all authors for creating a page that has been read 264,573 times. Download Article Download Article If you're looking to change your laugh, we have great news: switching things up is as easy as pie! Whether you want a quiet laugh, a bubbly giggle, or a loud guffaw, we'll include all the tips you need below. Just choose the laughing style that you want, follow our easy, effective guide and voilà! Your laugh will be changed for the better. So what are you waiting for? Let's get started! 1 Use a sound recorder to study your laugh. Tape yourself laughing, or ask someone else do it for you. Then, play back the recording and listen for what makes your laugh unique or undesirable. Maybe you snort loudly and often; maybe you giggle more than you'd like. As you work to change your laugh, you can record and rerecord your laugh to analyze your progress and tweak the style. If you have a specific new laugh in mind, consider playing the recording of your original laugh at the same time as a recording of the laugh you'd like to imitate. This way, you may be able to better hear the subtle differences between the two. 2 Find a space where you can be alone. Try laughing in the car, or in a remote area, or in front of the mirror. When you feel ready, start laughing in the way that you want to laugh. Try to practice your laugh and actively tweak the way that you sound. Advertisement 3 Make yourself laugh authentically. Think of something hilarious, or have a friend tell you a joke, or watch something funny. Try to make the laugh genuine so that it will more accurately represent the way that your laugh sounds in real life.[1] If you can't bring yourself to laugh at anything else, just laugh at the absurdity of what you're doing: staring into a mirror and laughing at yourself self-consciously. 4 Try to get to the root of your undesirable laugh. If your laugh is too nasally, focus on the way that you flex your nose when you laugh. Instead, try to direct laughs through your diaphragm: an air channel which sits near your gut, just below your lungs. If your laugh is too loud, try to react a bit more quietly. Amy Cuddy, Social Psychologist Record your usual laugh, analyzing elements you wish to adjust like pitch, volume, or heartiness. Focus on your desired sound as you laugh freely alone. With daily repetition, consciously shape your laugh toward your preferred expression while maintaining authenticity. Advertisement 1 Pick a new laugh style. If you don't have a style in mind, make it a goal to actively search for a laugh that you like. Look for inspiration everywhere that people are laughing: listen to the people you meet, characters from movies, and television personalities. Listen to loved ones and listen to strangers. Constantly be on the lookout for good laughs. YouTube is a good source of recorded human speech – as is the Internet, period. Think about why you like certain laughs. Maybe you like a laugh because it's deep and hearty, or because hearing it makes you yourself laugh. 2 Imitate a laugh that you like. When you hear a laugh that inspires you, try to remember it or record it. When you're alone, find a mirror and try to mimic the laugh you heard. This mimicry may happen naturally, if you spend time around people with compelling laughs – but you can certainly make the process more intentional by choosing which laugh to try.[2] Be aware that if you outright mimic a laugh that's famous from television or a movie, people may notice. Decide whether or not you want this. 3 Reflect on what you don't like about your current laugh. So, for example, say that you feel your laugh is too loud. In that case, you'll probably want to focus on adopting a quieter laughing style. Maybe you feel like your laugh is too silly; then, you might want to try out a more serious laugh.[3] It goes without saying though that you're laugh is fine the way it is! If you want to change things up, you should definitely do that. But in the meantime, don't stress about whatever's making you insecure about your giggle. 4 Consider whether there is anything you really need to change. People are often unaware that their breathing needs change when laughing; for instance, many people snort because that is the way the body has adapted to get more oxygen during laughter. Try asking people who are close to you about how your laughter sounds. This can be very illuminating: if there is something annoying or disturbing about your laugh, they will likely tell you! Advertisement 1 Make an effort to use the new laugh in social situations. Be aware of how you sound when you laugh and speak. You may need to be almost hyper-aware, at first, in order to consciously laugh in the style you've chosen. Over time, however, you may find that the sound becomes more natural. If you catch yourself slipping back into the old laugh, don't get frustrated. Your old laugh was a habit that evolved naturally through years of jovial interactions with people, and it can be a very hard impulse to break. The important thing is that you're conscious of the way that you're laughing. If you're conscious of how you sound, it may be easier to actively shift that sound. 2 Practice the laugh every chance you get. Whenever you're alone, work on the new sound: make yourself laugh, and keep laughing until you're happy with how it sounds.[4] You can do this in the car, in the park, or in front of a mirror. Be aware of the setting – other people may get uncomfortable if you practice your laugh around them when they haven't said anything funny. 3 Don't be afraid to let the laugh evolve. If you choose to strive for a specific style of laughter, it's important to keep in mind that practice can change intent. Just as your natural laugh was shaped by environmental influences—the people with whom you interacted, the movie characters you idolized, the laughs that you liked and subconsciously tried to imitate—so too will your new laugh be influenced by new experience. This doesn't mean that you won't like your laugh; it just means that you don't need to be too picky about the way you sound, as long as you like it. 4 Introduce your laugh slowly when around friends. Don't spring it on everyone – use it increasingly more often. Get used to your laugh first, and eventually you may not have to think about it at all. Your brain will gradually adapt and remember the tone.[5] Advertisement Ask a Question Advertisement Advertisement A mirror Someone to judge your laugh This article was co-authored by Ben Whitehair. Ben Whitehair is a Social Media Expert and the Chief Operating Officer (COO) of TSMA Consulting. With over a decade of experience in the social media space, he specializes in leveraging social media for business and building relationships. He also focuses on social media’s impact on the entertainment industry. 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When you have time alone, practice the laugh and actively tweak how it sounds until you achieve your desired volume and tone. For example, if you think your laugh sounds too nasally, try directing your laughter through your diaphragm, which is the air channel near your gut, just below your lungs. Alternatively, if you think your laugh sounds inauthentic, practice it while watching something funny or having a friend tell a joke. For more tips, like how to practice your new laugh, scroll down! Print Send fan mail to authors Thanks to all authors for creating a page that has been read 409,751 times. "My friends said I had the weirdest laugh and now I do not!" Share your story Download Article Download Article They say that laughter is the best medicine, but what if you feel self-conscious about the way you laugh? If you don't love your laugh, you can definitely change it! Read on for a guide on the different types of laughs and how to tweak your own so it's contagious to everyone who hears it. From wheeze laughing to giggling, we've got you covered. 1 Consider the “Wheeze” laugh. The “Wheeze” laugh tends to come from folks who aren’t able to laugh a lot because of their work or home environment. This type of laugh also tends to come from someone with a great sense of humour. They laugh in such a way that they can’t help but almost suffocate from their laughter and can find themselves crying because they’re laughing so hard.[1] This type of laugh can be accomplished by attempting to hold your laugh in for as long as possible, then suddenly exploding in laughter that makes you out of breath. The key here is to tighten your vocal cords so the sound of your laugh comes out more like you’re having trouble breathing. This type of laugh usually also involves wanting to cover up your face while you’re laughing, because you’re embarrassed you’re laughing. And this type of laugh usually causes your eyes to water. 2 Create a laugh that’s contagious. A contagious laugh is often one that is so hilarious in and of itself that others start laughing simply because the laugh is hilarious — it doesn’t matter what the funny thing was that started the laugh in the first place. Most people with this type of laugh may try to suppress them at first, but when they can no longer hold it in, it explodes.[2] This laugh is more about the noise your make and less about how you look while laughing. The key to this laugh is to make the most crazy sound imaginable while laughing. It is this crazy sound that makes the laugh contagious because other people will start to laugh at you laughing. This laugh can also start with an attempt to hold the laugh in which then results in a sudden explosion of crazy laughter. This laugh needs to look and sound natural. You also need to avoid looking embarrassed about the sounds your making. This is the type of laugh where the person making the crazy sound doesn’t care that they’re making a crazy sound. Advertisement 3 Develop a performed laugh. You probably already have this type of laugh in your repertoire. This is the type of laugh that may sound a little fake, but you’re trying to be polite to the person who said something funny. This type of laugh tends to have a lot of expression in the mouth, but none in the eyes.[3] This laugh might be one of the easiest to perform because it is essentially fake. This laugh requires that you separate the expression in your eyes from the expression your mouth makes. Your mouth should show laughter, but your eyes should not. The laugh itself needs to sound pleasant, but not exuberant. It needs to be polite, but not overwhelming. 4 Settle for nervous-sounding laughter. For some people this type of laugh is natural, but for others this may be the laugh that suddenly comes out when they realize they’ve made a mistake. The laugh almost sounds like a baby crying and the face doesn’t always look happy, even though the person is laughing.[4] To try this laugh it might be best to pretend you’re embarrassed over what you’re laughing about. Imagine someone slipping on the ice, or walking into a glass door. You shouldn’t laugh, but the action was funny. This laugh requires that you try to keep your facial expression neutral, but you are going to fail. Instead of looking happy though, you want to look embarrassed and/or nervous. 5 Work on a child-like laugh. This type of laugh tends to come from folks who have some child-like behaviours. The laugh is usually sudden and impulsive, and the person laughing can almost look embarrassed that they did laugh. But in reality they aren’t embarrassed, they’re just being mischievous![5] When attempting this laugh, take the time to pretend like you want to hide your laugh, but in reality you don’t. You want to look at the people around you in such a way that they also find humour in whatever it is that you’re laughing about. The sound of this laugh is very playful and child-like. And people who make this type of laugh tend not to care that their laugh sounds child-like. 6 Stick to the old stand-by — giggling. Giggling doesn’t usually result in a lot of facial expressions or body movements. In fact, most gigglers tend to be a little shy and possibly embarrassed that they’re laughing at something — possibly because the thing that made them laugh is something they shouldn’t be laugh at.[6] You might want to watch some old movies where a “proper” lady finds something funny and starts to giggle. Gigglers need to look like they’re shy or trying to maintain their decorum, but are overcome with the humour of the situation and can’t help buy giggle. Giggles shouldn’t end up too loud or obnoxious, but can be done in such a way as to be contagious and start other people laughing as well. Advertisement 1 Study the laugh you want. Before you can change your laugh, you need to study your possible options. You might do this by watching movies or TV shows, sitting in a coffee shop and ‘people watch,’ or watch YouTube videos.[7] Observe how other people laugh and what you like and dislike about each type of laugh. 2 Test various different vocal tones. Just because someone else sounds good with a certain laugh doesn’t mean it’ll work for you. You may need to alter the way you laugh based on the tone of your voice. Try laughing in different tones (and volumes) to see what sounds good to you, and to determine what works best for you.[8] Sometime what we hear coming from ourselves, and what other people hear coming from us, is different. You may want to record yourself trying out various tones and playing them back to get a better sense of how you’ll sound to other people. 3 Practice the laugh over and over. At this point you probably have a good idea of what kind of laugh you’d like to develop and at what tone you want to use for that laugh. Now it’s time to practice. — over and over and over.[9] Practicing will help accomplish two things: making your laugh sound natural and help your new laugh become instinctive.[10] You may want to consider watching yourself laugh in the mirror to watch the way you move your face muscles and change your facial expression.[11] This is another step where recording your laugh and playing it back may be useful as it’ll give you a better sense of how to sound to other people. 4 Share your new laugh with friends. Start using your new laugh in the presence of friends and family. Gauge their reactions to your new laugh. Alter your laugh based on their reactions. For example, if they give you funny looks when you laugh, maybe your laugh doesn’t sound natural or maybe it doesn’t suit you.[12] 5 Use your new laugh as often as possible. Continue practicing your new laugh until you don’t even have to think about it. Use your new laugh in ever social situation you can. Eventually your new laugh will become as instinctive as your old laugh.[13] Advertisement 1 Communicate emotions. Laughter is a lot more than simply the response to a joke or something funny. Laughter is an important part of human emotional communication. It’s so important to us that we’ve developed dozens of emojis and texting terms to express different types of laughter.[14] Humans tends to laugh more often when there are other people around who are also laughing. Yet that laughter isn’t always directed at hearing or witnessing something funny (i.e. a reaction). Laughter is used more as a behaviour that we use in social settings to express how we feel and what we’re thinking. 2 Interpret fake laughter. The human brain is capable of determining the difference between a real and a fake laugh. We do this in an attempt to understand why someone would need to perform a fake laugh. In other words, we’re trying to comprehend what that fake laugh means.[15] 3 Spread the laughter. Laughter is most definitely contagious. And scientists believe that those who tend to be “infected” with laughter are also those who are better at telling the difference between real and fake laughter.[16] 4 Laugh to relieve pain. Laughter has actually been shown to reduce the amount of certain stress hormones in your body like: cortisol, epinephrine and dopamine. And it increases certain types of healthy hormones like endorphins. Laughing also increases blood flow which, in turn, increases a sense of relaxation. Laugh and you’ll not only find yourself feeling better, you might actually help reduce pain and inflammation and get a better night’s sleep.[17] [18] 5 Enhance your relationships with laughter. Laughter is a social behaviour. It brings humans together and makes people more relaxed around each other. It can also create or enhance the relationship two people have with each other, because they are actually happy to be in each other’s company. Plus, laughing can help reduce or eliminate anger and anxiety, which in turn can help bring about moments of intimacy.[19] Scientific research has found that women actually laugh more than men, 126% more in fact. Men, on the other hand, tend to be the ones attempting to make women laugh by saying something funny or witty — or really stupid, which could have the same effect! As people get older they tend to laugh less. Older people also tend to respond less to tickling. Advertisement Ask a Question Advertisement This article was co-authored by Ben Whitehair. Ben Whitehair is a Social Media Expert and the Chief Operating Officer (COO) of TSMA Consulting. With over a decade of experience in the social media space, he specializes in leveraging social media for business and building relationships. He also focuses on social media’s impact on the entertainment industry. Ben graduated summa cum laude from The University of Colorado at Boulder with BAs in Theatre and Political Science as well as a Leadership Certificate. In addition to his work as CIO, Ben is a certified business and mindset coach and Executive Vice President of SAG-AFTRA. He is also a successful entrepreneur as the Co-Founder of Working.Actor, the premier business academy and coaching community for actors. This article has been viewed 254,380 times. Co-authors: 22 Updated: April 27, 2025 Views: 254,380 Categories: Happiness Print Send fan mail to authors Thanks to all authors for creating a page that has been read 254,380 times. "I'm a medical student studying about different types of laughs and what they mean. This was helpful." Share your story If you're having a hard time laughing, try starting with a smile. Even a fake smile can trick your body into feeling happier, which can make it easier to slip into laughter. Train yourself to smile as you're working, jogging, and even while you're concentrating reading a book. Make a nice smile your go-to face. As you're walking to work or to the bus, make a point of smiling at each stranger you pass on your way. It's a good way to practice and get ready for laughing, and it's also polite. If you're having trouble even smiling, try making a list of things that you're grateful for. That can make it easier to see more of the positive things around you.[3] Advertisement Even a fake laugh can sometimes encourage real giggles. When you're alone at your house, or when you're driving to work, try laughing a few times as realistically as you can. Even if you don't find something particularly funny to laugh at, just making yourself laugh can get you started on a healthy giggling fit. Get started with 3 short "ha" sounds, and do several sets of this forced laugh. You'll be surprised at how quickly forced laughs can turn into a legitimate case of the giggles. Try thinking of something you found funny in the past while you're doing this. You can also push out a chuckle when someone else makes a joke, even if you don't think it's funny. They might be able to tell that it isn't a real laugh, but that in itself might get the both of you laughing for real! If you're feeling down, search "funny videos" in your web browser. Click on the first thing that gets your attention—you can find everything from cute kids and silly pets to compilations of pranks. Chances are, it won't take long before you're chuckling to yourself, and a belly laugh might just be close behind. Try checking YouTube channels from funny accounts. For instance, America's Funniest Videos (AFV) has a YouTube channel where they feature the same types of family-friendly videos they show on TV. Videos of people laughing might spark a giggle, as well. Advertisement Every once in awhile, take a break from your usual habits and watch something that will crack you up. Even if your taste runs more to drama or horror, if you're lucky, you'll find comedy gold—something that will hit your funny bone every time you watch it, no matter how many times it's been. For instance, try watching a new movie from a funny actor you like, or check out an episode of a sitcom you haven't seen before. Recreate your childhood by laughing at old Saturday morning cartoons like Tom & Jerry or Looney Tunes. Pay attention to the things that really hit your funny bone. When you find something that makes you laugh, try to find other things that are similar to that—like reading books or watching movies from writers you like, or going to more live shows if you like them. As a bonus, when you find someone who shares your comedic tastes, you'll automatically have something to bond over! Don't be afraid to branch out! You might love written comedy, or you might prefer dark humor, improv, or standup specials. You might also find that you laugh the hardest when you're watching classic comedians like Carol Burnett, Gene Wilder, or the Marx brothers. Even if it seems funny at the time, try to avoid humor that makes someone else the butt of the joke—it is really cruel to the other person. Advertisement Try not to be self-conscious about your laugh, even if it's especially unique. As long as you're laughing for the right reasons, there's no reason to hold back when you get the giggles. In fact, if your laugh really stands out, it might make the people around you laugh even more. Remember, the harder you laugh, the more likely it is that other people will join in with you! If you're uptight about laughing and constantly worried what people will think of you, it's hard to really let go and have fun. If you're hanging out with the kind of people who make fun of someone for laughing, find new friends. It's harder to laugh if you're surrounded by people who bring you down. As much as possible, try to spend time around people who make you feel good about yourself, and who share the same sense of humor as you. If you can't change who you're spending time around, try changing the tone of the conversation. If someone is talking about things they don't like, talk about things you do like, instead, for example. Spending time with kids or pets can be a great way to find yourself spontaneously giggling. You don't necessarily have to dump your unfunny friends. Remember, there's a time and place for everything, so it's okay if your friends aren't constantly laughing. Advertisement Spending time around people who make you laugh is great, but sometimes, you have to be the one who brings that energy. Try inviting your family and friends to go with you to a comedy show, or pile up on the couch together and watch a funny movie. Once they get the giggles, you're sure to find yourself laughing, too! You might also plan activities that will get everyone laughing, like playing a funny board game or doing a fun activity like playing mini golf or going bowling. Learning to laugh at yourself is one of the biggest differences between happy people and depressed people. If you can turn awkward moments, mistakes, and shortcomings into opportunities for a good laugh, those things will hold less sway over you. Everyone mucks up at some point, and it doesn't have to define you as a person. Laughing at yourself helps show yourself and the people around you that it's no big deal. Advertisement Don't let bad news weigh you down, even if it's hard sometimes. It's a lot harder to laugh if you're constantly worried about heavy stuff. Instead, try to spend most of your time intentionally focusing on things that are positive or that make you feel good. For instance, it's fine to spend al little time each day catching up on current events, but don't overdo it. The constant flow of negative stories can really bring you down. Similarly, if there's anything upsetting that you're dealing with, set aside some time every day to work through those feelings or strategize about solutions. If you're a newspaper addict, start with the funnies and the human interest stories before you get too deep into the depressing stuff. Switch back and forth to keep your mood light. It will be easier to laugh spontaneously if you intentionally make yourself laugh at least once every day. Practice sets of laughing on your way to work, after you get home, or anytime you want to unwind a bit. Try to keep funny material on hand for when you have a bad day. For instance, you might bookmark your favorite funny YouTube videos, or you might buy a book from your favorite comedian and keep it until a day you really need a pick-me-up.[14] Treating laughter as an exercise will keep your funny muscles strong. Practice laughing with a wide grin and a deep belly chuckle. You'll feel better afterward. Advertisement If you find it hard to laugh when you're all alone, check out whether there are any "laughter yoga" groups in your area. Like regular yoga, laughter yoga is guided by trained professionals—but instead of improving your flexibility, you'll practice laughing. While it may seem silly to laugh in a big group of strangers, many people attest to its health benefits and the effect of laughter yoga on mood. Add New Question Question How do you fake a laugh? Klare Heston, LCSW Licensed Social Worker Klare Heston is a Licensed Independent Clinical Social Worker based in Cleveland, Ohio. With experience in academic counseling and clinical supervision, Klare received her Master of Social Work from the Virginia Commonwealth University in 1983. She also holds a 2-Year Post-Graduate Certificate from the Gestalt Institute of Cleveland, as well as certification in Family Therapy, Supervision, Mediation, and Trauma Recovery and Treatment (EMDR). In the beginning, you might just have to 'fake it,' and that's okay. If you aren't used to laughing, it might feel unnatural. Just stay with it and keep trying. The other person probably won't know you are faking. Question How do I get a nice laugh? Klare Heston, LCSW Licensed Social Worker Klare Heston is a Licensed Independent Clinical Social Worker based in Cleveland, Ohio. With experience in academic counseling and clinical supervision, Klare received her Master of Social Work from the Virginia Commonwealth University in 1983. She also holds a 2-Year Post-Graduate Certificate from the Gestalt Institute of Cleveland, as well as certification in Family Therapy, Supervision, Mediation, and Trauma Recovery and Treatment (EMDR). You can practice in front of a mirror or with close friends or family. At first, it may feel strange if you are not used to smiling and laughing. Just stay with it. Question How do I laugh at anything? Klare Heston, LCSW Licensed Social Worker Klare Heston is a Licensed Independent Clinical Social Worker based in Cleveland, Ohio. With experience in academic counseling and clinical supervision, Klare received her Master of Social Work from the Virginia Commonwealth University in 1983. She also holds a 2-Year Post-Graduate Certificate from the Gestalt Institute of Cleveland, as well as certification in Family Therapy, Supervision, Mediation, and Trauma Recovery and Treatment (EMDR). Practice. But by all means, don't laugh at serious or tragic stuff. Only start by laughing at jokes and stories. Get in the habit of reacting with laughter. See more answers Ask a Question Advertisement Co-authored by: Writer, Director, & Stand-up Comedian This article was co-authored by Kendall Payne and by wikiHow staff writer, Amy Bobinger, BA. Kendall Payne is a Writer, Director, and Stand-up Comedian based in Brooklyn, New York. Kendall specializes in directing, writing, and producing comedic short films. Her films have screened at Indie Short Fest, Brooklyn Comedy Collective, Channel 101 NY, and 8 Ball TV. She has also written and directed content for the Netflix is a Joke social channels and has written marketing scripts for Between Two Ferns: The Movie, Astronomy Club, Wine Country, Bash Brothers, Stand Up Specials and more. Kendall runs an IRL internet comedy show at Caveat called Extremely Online, and a comedy show for @ssholes called Sugarp!ss at Easy Lover. She studied at the Upright Citizens Brigade Theatre and at New York University (NYU) Tisch in the TV Writing Certificate Program. This article has been viewed 838,199 times. Co-authors: 124 Updated: April 8, 2025 Views: 838,199 Categories: Featured Articles | Happiness Print Send fan mail to authors Thanks to all authors for creating a page that has been read 838,199 times. "I know how to laugh but I laugh by keeping my hand on my mouth. I wanted to laugh without my hand. " Share your story Laughter is a universal language that can brighten up any situation, and sometimes, we need to produce it on cue. Whether you’re an actor preparing for a role or just want to improve your charisma, being able to laugh naturally at a moment’s notice can be an invaluable skill. Here are eight ways to help you laugh naturally on cue. 1. Recall a funny memory One of the easiest ways to laugh naturally is to think of a comical event from your past. It could be a personal experience, a joke you’ve heard, or even a humorous scene from a favorite movie. Recalling this moment should help bring a genuine smile to your face and make it easier for you to laugh authentically. 2. Observe others laughing Sometimes, all it takes is watching someone else genuinely laughing to set off our laughter too. If you’re struggling to find your natural laughter, try watching videos of people laughing uncontrollably or attend a comedy show. Laughter is contagious, and being surrounded by it can help trigger your own. 3. Use physical techniques Sometimes our bodies need a little nudge to get into the laughing mindset. Try taking deep breaths and force yourself to exhale in short bursts, which can mimic the pattern of laughter. Additionally, placing your hand on your belly and giving it a small shake as you exhale may also help produce natural-sounding laughter. 4. Practice makes perfect As with any skill, the more you practice laughing on cue, the better you’ll become at it. Set aside time each day for “laughter training” and experiment with different techniques and approaches until you find one that works for you. 5. Think about something absurd or unexpected Often, what catches us off guard is what makes us laugh the hardest. To stimulate laughter on cue, picture an absurd or unexpected scenario in your head – such as your serious boss slipping on a banana peel or your cat barking like a dog. 6. Surround yourself with humor Keeping your mind immersed in comedy and humor will help condition you to find things funny more easily. Watch funny movies, TV shows, or YouTube videos, and read joke books or humorous novels. The more you expose yourself to comedic content, the easier it will be for you to find humor in everyday situations. 7. Relax your facial muscles A genuine laugh usually requires relaxed facial muscles. An easy way to achieve this is to close your eyes, take a deep breath, and consciously relax all the muscles in your face. Once your face feels relaxed, it should be easier to break into natural laughter. 8. Fake it ‘til you make it Sometimes, simply pretending to laugh can lead to genuine laughter. Start by producing a fake laugh but stay committed to the act as if it’s real. You might find that pretending ultimately triggers real emotions behind the laughter – making