

Dear Families/Caregivers,

Life is filled with ups and downs. Studies show that people who think optimistically are more resilient and better able to navigate the ups and downs. Although optimism is considered to be a personality trait that some people are born with, it is also a teachable skill.

In this lesson, your teen learned strategies for using humor to build optimism. Studies show that people who laugh more have more confidence and stronger relationships. Good feelings, self-confidence, and strong relationships are factors that build optimism.

You can add more laughter and optimism into your life when you:

Learn Some Jokes

Avoid Offensive or Self-Depreciating Jokes

Understand your Sense of Humor

Garner the Humor Around You

Hang Out with Funny People

Encouraging your teen to add laughter to his or her life will not only help him or her create a more optimistic outlook, but it will reduce his or her stress as well! Laughter can even reduce test and performance anxiety. By cracking jokes and laughing with your teen, you will encourage him or her to relax and inspire them to perform better!

Add a little more laughter to your life and you might just find that you and your teen will become more optimistic in the process!