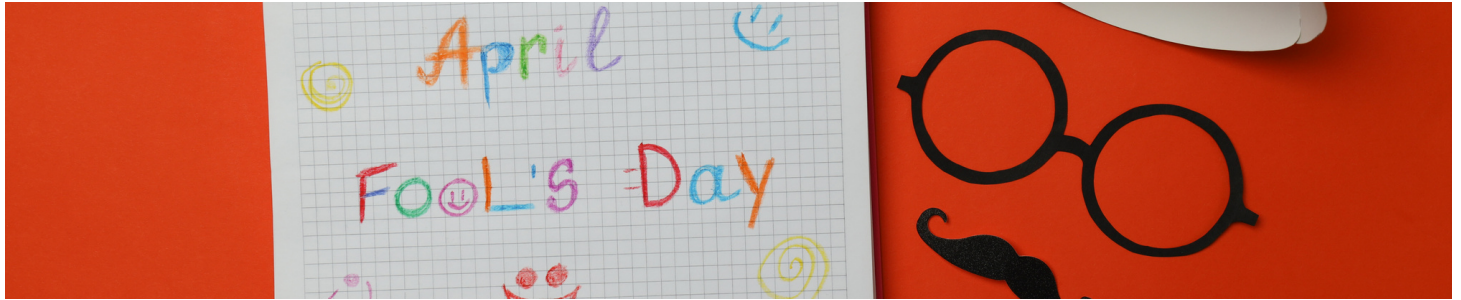


# WHAT TO DO WHEN APRIL FOOLS DAY FEELS LIKE EVERYDAY



## April 1st is a jokesters favorite day of the year, April Fools Day! But, what do you do when everyday feels like a joke?

### Laugh it off (Literally)

Embrace the humor in life's absurd moments. Find a funny video, share a joke with a friend, or just let out a good belly laugh. Laughter has this amazing ability to lighten the load. As they say, laughter is the best medicine!

### Connect with a Friend

Reach out to someone you trust. Share your feelings, even if they sound a bit like stand-up material. A good friend can provide a listening ear or a punchline to turn the script around.

### Break down Tasks, Not Spirits!

When life feels overwhelming, break tasks into smaller, more manageable steps. It's like turning a chaotic script into a series of scenes – tackling one at a time until you find your groove!

### Mix Up the Routine

Inject some spontaneity into your routine. Try a new hobby, take a different route home, or cook a crazy recipe. It's like rewriting a scene – adding unexpected twists can make life more interesting!

### Celebrate the Small Wins

Take a moment to acknowledge even the tiniest victories. Whether it's getting out of bed or making it through a tough meeting, every small win is a punchline that adds up to a better storyline!

### Seek Professional Support (No Punchline Required)

If the joke feels a bit too much, consider talking to a mental health professional. Sometimes, we all need someone who takes the script seriously and helps us find the punchline that brings joy back into our lives.



## What better way to laugh than a good joke? Use these to add some laughter in your life!

- I found a wooden shoe in my toilet -- it was clogged.
- I don't trust stairs, they are always up to something.
- Two guys walked into a bar, the third guy ducked.
- Time flies like an arrow. Fruit flies like a banana.

Follow us on Facebook for more information on mental health topics.

-----

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.