



Humor Therapeutic Properties and its Coping Outcomes for Stress in the Digital Age

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DESCRIPTION

Stress is a normal and natural aspect of life, and when it occurs, the body's reaction alters and calls for a shift in behavior. It can be helpful when it inspires people to reach a goal, but it can also be harmful when it overwhelms people and compromises our health and wellbeing. Stress levels among individuals vary depending on many factors, such as personality, coping skills, social support, and the nature and intensity of the stressors. Coping strategies are the ways that people deal with stress and its effects. Coping strategies can be classified into two broad categories: problem-focused and emotion-focused. Problem-focused coping strategies involve taking action to change the situation that causes stress, such as planning, seeking information, setting goals, and solving problems. Emotion-focused coping strategies involve managing the emotional response to stress, such as expressing feelings, seeking support, meditating, relaxing, and distracting oneself. Different coping strategies have different effects on stress levels and outcomes. Generally, problem-focused coping strategies are more effective for situations that are controllable and changeable, while emotion-focused coping strategies are more effective for situations that are uncontrollable and unchangeable. However, the effectiveness of coping strategies also depends on the individual's preferences, resources, and circumstances. Therefore, it is important to choose coping strategies that suit one's needs and goals. Maintaining a sense of humor can help to reduce stress by creating a positive mood, enhancing social relationships, and providing a different perspective on the situation. Humor can also buffer the negative effects of stress on physical and mental health.

One of the best methods to lower stress and enhance both your physical and emotional health is through exercise. Endorphins, which are organic painkillers and mood enhancers, can be released during exercise. Additionally, exercise can enhance the quality of your sleep; boost your immune system, and lower blood pressure. Set a weekly target of 150 minutes of moderate

aerobic exercise or 75 minutes of strenuous exercise. The practice of mindfulness involves being open, curious, and accepting of the time at hand. Mindfulness can help you cope with stress by reducing negative emotions, enhancing self-awareness, and increasing your sense of control. You can practice mindfulness by doing activities such as meditation, yoga, breathing exercises, or simply noticing your thoughts, feelings, and sensations without judgment.

The sense of being loved, appreciated, and linked to others is referred to as social support. By providing practical aid, supportive criticism, and emotional comfort, social support can reduce your stress. One can look for social support through getting in touch with friends, family, workplace, or community organisations. It can also register for websites or programmes that connect users with others who share their interests or problems. The propensity to anticipate favorable results and see difficulties as chances for development and learning is known as optimism. Through increased self-efficacy, motivation, and resilience, optimism can lessen stress.

Optimism can also protect against depression, anxiety, and other psychological disorders. Writing about one's emotions can help reduce stress by facilitating emotional expression, processing, and regulation. Journaling can also increase self-awareness, insight, and understanding of the situation. Loving-kindness meditation is a form of meditation that involves cultivating compassion and kindness towards oneself and others. Loving-kindness meditation can help reduce stress by increasing positive emotions, social connectedness, and self-compassion. Loving-kindness meditation can also improve physical and mental health by reducing blood pressure, inflammation, pain, and depression. Visualization is a technique that involves creating mental images of desired outcomes or situations. Visualization can help reduce stress by enhancing relaxation, motivation, confidence, and performance. Visualization can also improve health and well-being by stimulating the immune system, reducing pain, and promoting healing.

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CONCLUSION

Stress is a normal and unavoidable part of life, but it can be managed with effective coping strategies. By choosing coping strategies that suit one's needs and goals, one can reduce stress levels and improve outcomes. Coping strategies can also

enhance one's personal growth and development by fostering positive emotions, attitudes, and behaviors. Therefore, it is important to be aware of one's stress levels and coping strategies, and to seek help when needed. By doing so, one can live a healthier, happier, and more fulfilling life.