



What do you think about Paradigm Shift video?

1. It is valuable in this pandemic because everyone tends to be negative and stressful. If I change my perspectives, I can deal with my irritations and can be a mentally healthy person.
2. It will be interesting to happen paradigm shift because we change the point of view and the world. If it's difficult to adopt, I think I can, because it gives me good changes or new knowledge.
3. Yes. I want to wear these glasses that allow me to be compassionate without being irritated, because being irritated is bad for others and for myself.

LAUGHTER&PLAY

4. When I explained how laughter makes us healthier to my family, they didn't believe that. However, I told that we need more smiling, then I recommended my favorite funny videos on YouTube. Those made them laugh, and they looked *like they were having fun*.
5. I did daibakusho at the end of work with people who worked part time. It was the end of the day and so I felt today was a great day.
6. I met my friends, so I laughed suddenly when we walking. My friends were surprised at my laughing but they also laughed together. Also, I told them that laughing was good for our health and they agreed to it. Laughing is important for people to communicate with others.
7. I laughed a lot when I was talking about irrelevant stories and comedies on the phone with my mother.
8. I don't meet any people today, so I tried to laugh alone. What I was doing was funny and I laughed even more. I felt less stressed.
9. After class I laughed in the living room. My mother asked me "what happened to you". I said, " I'm laughing for reliving my stress". I wondered what she thought. She said "That's nice!!" Then she laughed with me.
10. I live alone, so I don't have a lot of opportunities to laugh in public. However, this weekend I called my mother and I laughed. I told her laughter reduces stress. There was nothing in particular with the two of us, but we laughed a lot. Next time I would like to call my father or brother and tell them how laughter reduces stress.
11. Firstly, it was very embarrassing even if I was alone but I didn't care about it and I felt less my stress after laughing a few times.
12. While smiling (Daibakusho) my family thought me a very strange person and really worried over me. However after telling about this homework all my family members seemed to be convinced by my explanation and agreed with the idea that smiling brings you happiness and mental health. Through this assignment I realized again the importance of smiling and also our family bonds.
13. It was very funny HW  thanks for sharing the way to reduce the stress !!!!
14. When & Where: May 23 midnight at my part time job. The Reaction: they looked with wondering on their faces but then they started to laugh without knowing why I laughed. It was such a funny time.