

# Dating Advice: How to Keep Humor In Your Relationship



By Dr. Jane Greer

During these difficult times, because of the pandemic and everything that has come with it, it is important for people to make room for laughter. There is no question that it is challenging to find the funny among all the hardship. It can be a struggle to balance the bad with the good. But it is a long-held belief that humor is an important elixir that helps to soothe the pain and even heal. Professor of Surgery Henri de Mondeville famously said in the 1300s that laughter, compiled with the treatments he recommended, would help toward recovery. That eventually translated into the saying we all know today: laughter is the best medicine. Norman Cousins is

known for having cured himself of a terrible disease by chuckling through all the Marx Brothers' movies. Recently even Blake Shelton and Gwen Stefani poked fun at the way they found each other during a Super Bowl commercial for T-Mobile.

## **So how can you find a way to incorporate humor into your relationship and your daily life to take the sting out of all the stressors you are experiencing?**

Believe it or not, the first thing to do is to give yourself permission to laugh despite what is going on in the country and the world. Some people think they have to be serious because of all the suffering taking place, and may even feel guilty for being lighthearted. But the shows we find the funniest and the comedians we embrace are the ones in which they illustrate how to laugh at ourselves and each other. They have learned through their own hardships and demonstrate to the rest of us the value of humor, even if it is self-deprecating, to cope with the negatives – our own and those in our relationships. We look to them for comic relief, and can actually model our behavior after them to use poking at ourselves and our loved ones as a way to ease tension and release anger. And while you wouldn't expect doctors and nurses in a hospital setting to be making jokes, it is something that goes on regularly to manage the intensity of working with ill and dying patients. In fact, someone I know who was going through his own illness with a brain tumor wrote a book called, "You Have To Keep Your Sense Of Tumor," which helped him survive for many years. Nurturing your sense of humor can actually become your emotional health insurance.

The next thing to do is take inventory of all the things that

are irritating you in your life and prioritize them so you can gain some perspective. If you look at each one specifically, it gives you the opportunity to focus on what is aggravating you the most and needs to be addressed first. This way, instead of being equally upset about all of them, you can determine what is going on that demands your immediate attention in order to manage it more effectively. Once you have honed in on what it is, look for any way to make it amusing or silly so that when it continues to happen it loses some of its steam.

If you are in a relationship, however, your private jokes can give you mileage if you use them as morse code to short circuit an impending argument. Rather than blaming or criticizing your partner, if you can find a gentler way to tease them about the problem at hand it can increase your chances of their being willing to compromise. Laughter is also a great release for anxiety, and a place it can be really helpful is in the bedroom. That is where people can feel pressure to please their partner, and also themselves. Embracing humor is a great way to relax and dissipate some of that expectation so you are able to enjoy yourselves.

It is clear that Blake and Gwen have a lot of playfulness between them. That is one of the things that is so appealing about watching them interact, and it appears to have contributed to their strong foundation. You can do the same and increase your personal happiness by learning to laugh off what you can, and by following the adage angels fly because they take themselves lightly.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments*

on [HealthyLife](#).

---

# Relationship Advice: Keep Your Pregnancy Under Wraps Like Cameron Diaz



By [Dr. Jane Greer](#)

There are many different stages of pregnancy that people go through, from deciding when to have a baby to beginning to try to conceive to either becoming pregnant or not and, in that case, having to consider other options such as fertility

treatments, surrogacy, and adoption. One big question that is often not addressed until it begins to happen is: *when do you bring other people into the equation?* Do you share what's going on right from the beginning of the journey with family and friends, or do you wait until the baby is well on his or her way? Or, like Cameron Diaz and Benji Madden did recently, do you keep the entire pregnancy under wraps until the baby is born?

The [celebrity couple](#), who began dating in May 2014, has always kept the details about their relationship quiet. Even so, it was a surprise when the two recently announced the birth of their daughter, adding the caveat that they will not be releasing any photos or additional details because they want to protect the baby's privacy. In order to keep such a big secret, Cameron and Benji must have agreed to it together.

**How can you decide when the time is right to tell other people about your pregnancy, making sure the information isn't leaked before you're ready? Check out this relationship advice.**

People tend to be curious and inquisitive about when others plan to start a family, but that can sometimes feel intrusive. Your mother in law, for example, might be eager to become a grandmother. So, she might ask when you are going to give her a grandchild. Or, your sister has three kids and can't wait until they have cousins to play with, so she might be pushing you along. It can start to sound and feel like pressure. If you tell people you plan to try, then you might imagine it is all they think about when they see you, wondering how it's

going. If it doesn't happen quickly, you might start to feel a sense of public accountability. If it takes a long time, you might even feel like you are failing and disappointing the people you have told. With all this in mind, Cupid has some [relationship advice](#) on when to tell others about your pregnancy before you are faced with it.

**Related Link:** [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

Talk to your partner early to decide where you each stand on the topic, and determine together when you will share the news with family, friends, and in the case of Cameron and Benji, the public. Try to do this at each stage of the process. This way both of you can always be on the same page. If one of you goes ahead and spills the beans before the other is ready, that can cause tension. Say, for example, you can't wait to tell people and share the excitement as soon as you see the positive test, but your husband is superstitious and asks you not to tell anyone until you are beginning your second trimester. It will be pretty awkward when your best friend blindsides him with a big congratulations. Along the same lines, if you tell some people and not others, the ones who are out of the loop might feel slighted if they hear the news second hand or find out later that others knew before them. It can be tricky.

It is easy to avoid all of this by having a well-thought-out and agreed-upon plan as you move forward, one that takes each of your needs and wishes into account. Consider who you want to tell, when you want to tell them, and how much information you will share. Not only will doing this allow you to support and respect each other, but it will also give you the chance to maintain control of your own space and insulate your privacy as you see fit while avoiding fallout and resentment from the people around you.

**Related Link:** [Relationship Advice: An Unconventional Marriage](#)

It used to seem like all babies were fair game- from the moment that baby bump began to show itself and strangers didn't think twice about patting your tummy, to every one cooing at a baby in a stroller. That has changed, and people are being more thoughtful and protective regarding how information about their pregnancy is handled. Pregnancy invites in the world, but it is up to you if you want to let the world in or not. Just as Cameron and Benji did, you can keep it private for as long as you like.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).*