

# #DoThisThing: Laughing not Kidding

**Hahaha.**

Here are some suggestions (from you guys, via Insta!) of things you can do to laugh it up this week.

After choosing one from each category, write your choice in the space provided.

Using a scale of 1-7 with 1 being "I could cry!" and 7 being "Today's the best!" rate your mood before before watching your choice and then, rate it again, following. Any differences? If you watched it before hopping under the sheets, did you sleep better? Y or N. Take notes. The more you know about you, the more you can meet your needs.

## **Instagram Feeds:**

@queens\_over\_bitches  
@overheardnewyork  
@thefatjewish  
@bennydrama7  
@thegrilledchez  
@sassymantras

## **Instagram**

1 2 3 4 5 6 7

## **Movies:**

Step Brothers  
Mean Girls  
Bridesmaids  
Weekend at Bernies  
Father of the Bride  
Fun with Dick and Jane  
Grownups  
Vacation  
The Birdcage  
Blades of Glory  
How to Lose a Guy in 10 Days  
Airplane  
Mrs. Doubtfire

## **Movies**

1 2 3 4 5 6 7

## **Netflix Stand-Up:**

Dave Chappelle, The Age of Spin  
John Mulaney, Kid Gorgeous at Radio City  
Hannah Gadsby, Nanette

## **Stand-Up Comedy**

1 2 3 4 5 6 7

## **TV Series:**

I'm Sorry  
Good Girls  
Pen15  
The Good Place  
The Office  
Shameless  
The Marvelous Mrs. Maisel  
Grace and Frankie  
Veep  
Gilmore Girls  
Young Sheldon  
Arrested Development  
Fleabag  
New Girl

## **TV Series**

1 2 3 4 5 6 7

**#NOTTHERAPY**