Deb's Page

Finding Humor in the Mundane

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DEB GAULDIN is a childbirth educator who performs songs and humorous tales ("Hormone Affirming Music and Humor for Women") about pregnancy, childbirth, and the adjustments to parenthood. She lives outside Chicago, Illinois.

Abstract

In this column, the author encourages everyone to find humor in the daily routine...and to use more lotion.

Journal of Perinatal Education, 13(1), 49–50; humor.

Like many of you, I decided to start the New Year off right by instituting an improved regimen of self-care. OK, OK—with a few New Year's resolutions. Call them whatever you like, but I typically fall off the wagon somewhere between New Year's Day and Super Bowl Sunday!

Because of this discouraging pattern, one December I absolutely swore off making further resolutions. I recall that year clearly. It was New Year's Eve and we were gathered with acquaintances, most of whom worked with my husband. As midnight neared, the hostess asked that we each share a New Year's resolution with the group. What followed was a full array of stellar intentions.

First, I silently vowed that I would not betray my decision. Then, as the resolutions grew more and more impressive, I vowed I would only utter a resolution I planned to keep. I was pondering whether I could realistically stop nuclear proliferation, when it was suddenly my turn. All eyes were upon me. I searched the recesses of my mind for a worthy goal. With great gusto, I announced that my resolution was to use more lotion.

"Lotion?" someone asked, peering over her glasses.

"Yes," I replied firmly. "I like attainable goals."

I felt ridiculous for suggesting something so mundane, until the man next to me began to laugh. Smiling from ear to ear, he divulged that his resolution was to look for the humor in his daily routine...and to use more lotion. Soon, like a partridge in a pear tree, lotion was incorporated into everyone's resolutions as we all rolled with laughter.

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For months, whenever I saw something funny in the ordinary, I thought of that gentleman. Today, I thought of him and all of you. I was presenting a program at a community hospital where an enormous new addition was being built. As I pulled into the parking lot, I spotted a temporary sign directing carpenters and other workers. In fluorescent bold letters, the sign read, "Mother-Baby Construction." It wasn't enough that I had visions of robot maternity patients traveling down assembly lines. The Mother-Baby Construction sign was placed atop a permanent directional sign, just a few inches above the words "Infertility Services."

With the world in turmoil, I was reminded more than ever just how important it is to find the humor

in our daily lives, however mundane. Have a great year, keep laughing, and don't hesitate to use more lotion!

Editor's Note:

Deb travels nationally, presenting keynote speeches for perinatal practitioners. For booking information, call Deb at 800-682-2347 or visit her Web site (www.debgauldin.com). Deb's CDs and tapes feature songs about pregnancy, childbirth, and the adjustment to parenthood. They are available through Lamaze International (800-368-4404).