Abstrakt: This bachelor's thesis deals with the topic of humor as a psychological phenomenon with emphasis on interesting relationships and phenomena. Its theoretical part brings a review of general information about humor and its connections. First of all it focuses on definition, process and forms of humor. It mentions the basic theories of humor, brief history and research of humor in psychology. The work also refers to humor from the view of psychopathology and as a possible psychodiagnostic instrument. It brings the occasions for using humor in psychotherapy, mental health and humor skills program. The thesis focuses on effects of humor on mental health. The practical part offers the proposal about the effects of humor skills program on well-being and sense of humor.