

Laughter & Humor: The Best Medicine

Too often we take ourselves too seriously. We always worry about looking good and appearing dignified. The result is that we miss out on a lot of fun.

Laughter is nutrition for the soul, a tourniquet to stop a bleeding broken heart, a tonic for the discouraged. Things will inevitably happen that cause you to feel you've lost control. Yet, if you turn them around and laugh about them, circumstances will not control you. Laughing together over life's twists and turns is a great way to let off steam and keep stress to a minimum. When you do, you are in charge, instead of circumstances being in charge of you.

One day, Father Joe was inspired by a woman in her fourth stage of ovarian cancer. Even the doctors were amazed at how well she was doing. Her secret??

LAUGHTER.

"My sense of humor helps me find a lighter side of things, even on tough days," she told them.

What do we need to survive life's heartaches? Heaps of healing humor. Healing humor reduces stress, elevates moods, boosts the immune system, and fosters relaxation. It helps us overlook the ugly, tolerate the unpleasant, cope with surprises, and smile through the unbearable. Humor is a shock absorber, minimizing the pain troubles can bring.

Today's people seem to be serious about everything. Some go through life with their finger on the panic button, crossing bridges before they get to them, certain trouble is just around the corner. The prescription for those suffering from humor—deficiency: an injection of LAUGHTER.

People with positive outlooks laugh often to relieve themselves of life's tears. A good belly laugh stirs the blood, expands the chest, and clears the cobwebs from the brain.

Laughter is a gift we need to survive. If it's missing, put it back. Amen