

Does Anybody Remember Laughter?

Remember those lyrics, "Does anybody remember laughter?" Sometimes we grow up and become quite serious. We have work to go to, families to raise and bills to pay.

We can lose sight of the positive or the fun in our lives. Even challenging situations can have their light or amusing side.

Have you lost sight of the fun in your life? Are you "too" serious for your own good, or for those around you?

We can all try to keep some levity regarding coping with the facts of life.



"Even if there is nothing to laugh about, laugh on credit."

-Author Unknown

Now certainly that doesn't mean not to take things seriously or to laugh and ignore troubled times...

On the other hand, the more we can keep a sense of joy, adventure and humor, the more tools we have available to deal with the challenges of life. Sometimes we can laugh at ourselves and this perspective can have us lighten up and feel more ready to face the day with a new attitude and handle things better.

Or we can look at our circumstances with more fun and adopt a more care free attitude about life. It doesn't mean we don't care. Certainly I am not suggesting not to take our commitments seriously.

Yet we can have fun while doing so.

"What do you mean, my birth certificate expired?"

-Author Unknown

Sometimes when we can laugh at things they don't seem so daunting. And we can even get others to share in the enjoyment of things.

Laughter is said to cure health problems, bring people together and unite differences. It can lower blood pressure and change a person's day, week or even their life.

What makes you laugh? What kind of sense of humor do you have? Ironic, sarcastic, silly or playful?



"If all else fails, immortality can always be assured by spectacular error."

-John Kenneth Galbraith

Homework

- Watch a comedy on TV
- Laugh out loud! (lol)
- Tell a good joke
- Tell a bad joke (at least you're trying) :)
- Forward a funny email
- Watch silly pet tricks

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