



HUMOR - LAUGHING YOUR HEART OUT

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Usually, people tend to be pessimistic in life that they become so problematic, but if we have humor, we can always have that attitude of laughing our heart out no matter what circumstances surround us. It is then that we need humor to ...balance and enlighten our life. Humor helps us keep a positive, optimistic outlook through difficult situations, disappointments and loss. Let us all admit that laughter makes us feel good and this good feeling that we get when we laugh remains with us even after the laughter subsides. Yes, the fact remains that laughter can help us relax and recharge. It definitely reduces our stress and increases our energy, enabling us to stay focused and be able to accomplish more things in our life.

As a matter of fact, laughter relaxes our whole body. Apparently, a good hearty laugh relieves physical tension and stress. This actually leaves our muscles relaxed for the rest of the 45 minutes after. You cannot feel anything when you're laughing. You don't even feel anxious, angry or sad at all. All you want to do is laugh out loud and when you do that, you feel good inside. You have got that light feeling deep inside your heart that it empties everything which makes your heart ache.

There are times when you just feel like laughing, and sometimes it happens when you're plainly watching a television. With just a simple act that you see on screen, you will often find yourself amused at that particular scene. Then you start to smile and gradually it turns into laughter, which goes on and on and on and eventually it makes you laugh your heart out too. Humor shifts your perspective, which allows you to see situations in a more realistic less threatening light. Thus, a humorous perspective creates psychological distance, and this helps you avoid feeling overwhelmed.

To put it bluntly, humor gets you out of your head and away from all your troubles in life. Yes, it's true that laughter helps you forget judgments, criticisms and doubts. It also helps you release your inhibitions too, so that your fear of holding back and holding on are set aside. Then, that only means that humor helps you express your true feelings. More often than not, we become too serious in life that we even forget to smile.

Sometimes we become like that classic tight-jawed sourpuss who takes everything with deathly seriousness and never laughs at anything. We know very well that there is no fun being in this state and condition. One essential characteristic that will help us laugh is not to take ourselves seriously. It is about time that we should bring humor and laughter into our life. Let us try to develop our sense of humor and take ourselves less seriously. Try to see the brighter side of life and try to be witty and facetious, thereby developing that sense of humor by laughing our heart out.

Questions for discussion:

1. Do you have a sense of humor? Why or why not do you say so?
2. Do you believe that being humorous makes you witty? If yes, how is it so? If not, explain your answer.
3. How often do you laugh your heart out? Explain your answer.
4. What really makes you happy in life? Justify your answer.
5. Does being a humorous person make you feel young? Justify your answer.