



HUMOR - A POWERFUL TOOL

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There are a lot of things that a person with sense of humor can do for it is considered to be one of the most powerful tools that we could ever have and possess. Apparently, we cannot be productive if we have a deteriorating health so people need to have a sound mind and healthy body. As Paul E. McGhee, Ph.D puts it, "Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health." Amidst the surmounting troubles, worries and problems that a person could ever imagine, we need to unload these things that burden us. We could only do so if we have a sense of humor.

There are a thousand and one reasons why people need humor. As a matter of fact, humor is infectious. When you hear a roaring sound of laughter, it's impossible for you not to laugh too. Actually it is far more contagious than any cough, snuffle or sneeze. It would be inevitable not to share laughter and when we do, it increases our happiness and intimacy which leads to binding us together with other people around us. More importantly, laughter also triggers healthy physical changes in our body.

Humor and laughter can strengthen our immune system. More so, it can help you boost your energy and diminish pain that you feel. When we talk about pain, the first word that comes out of my mind is stress wherein a lot of people experience it. The best thing about it is that, humor and laughter can protect us from the damaging effects of stress and most of all it definitely serves as a priceless medicine which is fun, free and easy to use. In general, the saying that goes, "Laughter is the best medicine," really holds true.

Laughter can be a powerful antidote to stress, pain and conflict. It works out to bring our mind and body back to balance and makes us give ourselves a good laugh. Humor lightens our burdens, whatever they may be. It inspires hope, connects us to others, and it helps to keep us focused and alert too. It has much power to heal and renew because it can enhance relationships and it supports both our physical and emotional health.

Laughter is good for our health because it can relax our whole body. Try putting out a hearty laugh and you will feel the release of your tension and stress. It helps boost our immune system. Actually, laughter decreases the stress hormones and increases the immune cells and infection fighting anti-bodies, thus improving our resistance to diseases. Laughter triggers the release of the endorphins; these are the body's natural feel-good chemicals. FYI: endorphins promote an overall sense of well-being and it can even temporarily relieve pain in our body.

Laughter protects the heart. It can improve the function of the blood vessels and it increases blood flow, which can help and protect us against a heart attack and other cardiovascular problems. There are still a lot of good things that we can benefit from humor and laughter, that makes it a powerful tool and I could go on and on, and never stop but at least these things that I have mentioned will aide us to know that having a sense of humor can be very advantageous.

Questions for discussion:

1. What are the benefits that we can get out of humor? Elaborate further.
2. How can having a sense of humor help you? Explain your answer.
3. Do you believe in the saying, "Laughter is the best medicine"? Why or why not?
4. Have you developed that sense of humor you need to change your lifestyle? How?
5. What are the benefits that you reap now that you have some sense of humor? Justify your answer.