

Humour, Laughter, and Mental Health

Today we will speak about a subject very near and dear to me and many others: humour and laughter. Laughing is an amazing feeling. We've all likely had times in our lives where we've been unable to stop laughing, and felt the rush and release that comes with it.

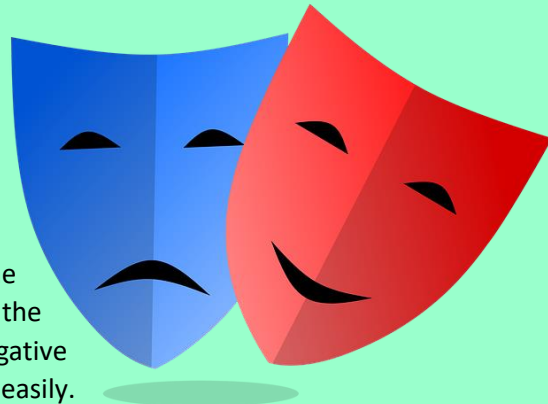
We can all probably think of at least one person in our lives who keeps us laughing every time we are with them.



In times like these, where there are many uncertainties, and where we may feel disheartened, fearful, or worse, a good laugh can help us to stay happy and healthy. In addition to feeling good, laughter may also offer us some significant health benefits. Join us as we explore laughter, humour and the many ways that they can enrich our lives!

Humour Me

Yes, laughter itself feels amazing and, indeed has many potential health benefits, but a sense of humour, in general can help protect our mental health. Humour can be a protective barrier against some negative effects of adverse experiences. As has been discussed in these newsletters before, a big part of how situations make us feel is the meaning we assign to that situation. Finding the humour in situations, even generally negative ones, can help us to get through them more easily.



Gallows Humour



Gallows humour, or black humour, is a term we use when describing grim or ironic comedy in desperate or hopeless seeming situations. It is the ultimate example of using humour to buttress against challenging situations. Humour during dark times can boost morale, lower anxiety, and help people to deal with some very bleak prognoses. An example comes to mind from the Harry Potter series where a creature would embody someone's worst fear, and its only weakness was to be laughed at. Seeing the funny side can empower us.

Humour and Catholicity

“He will once again fill your mouth with laughter and your lips with shouts of joy.” (Job 8:21)

The Bible tells us there are times to rejoice and times to mourn, times to cry and times to laugh. Humour and laughter help us to experience and express light-heartedness during the most joyful times of our lives. Seeking joy and laughter in our lives, especially during harrowing times, helps us to remember the many beauties that life holds.

Some Quotes About Humour

“A day without laughter is wasted.”

Charlie Chaplin

“I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.”

Bob Hope

“Humour is just another defense against the universe.”

Mel Brooks

“Laughter is the closest distance between two people.”

Victor Borge

The Best Medicine



Side effects of laughter may include:

- Reduced anxiety
- Reduced stress
- Improved immune function
- Pain relief
- Increased personal satisfaction
- Improved mood
- Closeness with others

Some patients may experience temporary soreness of stomach area including abdominal muscles. Patients with annoying sounding laughs may experience moderate to severe social ridicule. Do not use Laughter if you are observing a moment of silence. In rare cases, patients who use Laughter may be at increased risk of sudden onset popularity and coolness.

Contact your doctor to see if Laughter™ may be right for you!

Get Some Laughter in your Life



What’s your all-time favourite comedy movie? If you’re having a rough week, maybe it’s time to revisit a classic!



Who always makes you laugh? I can always count on my friend Stefan. Make plans with your person or DM me for Stefan’s #.



Kids say the darndest things. Working and/or living with kids can be hilarious. Think of the funniest things you’ve heard one say.



Laughing with us, not at us. Think of a time that a mistake you made became your own source of entertainment!