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Find the Humor In It.

How could we get through are everyday lives without humor? Humor helps us in many ways. Comedians make a living on entertaining us with humor. We also use humor to help us communicate with others. Humor lets us express ourselves in conversation in a fun and enthusiastic way which makes it easier to make new friends. Humor also helps us shine a light on major issues like racism, sexism, politics, etc. Mary Hirsch said it best when she said “Humor is a rubber sword – it allows you to make a point without drawing blood.” Humor can also help us manage are relationships and confront conflict and work around it. Humor’s ability to help us do all these things is great but it’s most important use in our everyday life is its ability to help us cope with situations. It helps us cope because Humor shifts our perspective allowing us to see situations in a more realistic less threatening light. Finding a humorous perspective in a situation also can helps to create a psychological distance, which can help us avoid feeling overwhelmed. It also helps us cope because it makes us laugh and laughter release endorphins that promotes a feeling of wellbeing and helps us relieve distressing emotions like anxiety, anger, and sadness that cause stress. A popular phrase states that “laughter is the best medicine.” From tragedies to common mistakes we make on a day to day basis humor helps us make it through. Humor’s ability to help us cope by helping us gain perspective on situations and its ability to relieve some of our stress caused by distressing emotions makes humor a necessity to our everyday life.

Death is a very stressful and overwhelming part of life that is happening every day. People that work in the medical field often have to deal with the tragedy of death more than most of us. Having to deal with death on a day to day basis can cause a lot of stress that can build up and cause many problems like depression. So people that deal with death often have to use humor to help relieve that stress and also to gain perspective on the world and the cycle of life. Being able to sit down and have a laugh with a coworker or friend can help them gain perspective on death and relieves the stress caused by working in such a hectic work place. Even if you’re not around death every day when it does happen to someone you know or love it can become a very stressful situation. Such a stressful situation that it becomes hard to see anything but the bad. A play writer named George Shaw once said, “Life does not cease to be funny when people die any more than it ceases to be serious when people laugh.” Shaw is trying to inform us even after the death a close friend or family member when everyone is upset and depressed, we have to remember that the world is still humorous. By remembering this it helps us to use humor to help us gain perspective on the factors on life and death, and help us cope with the stress and distressing emotions that come with death. Humor can help us cope with this buy using it to remember the good and humorous times you have experienced with the recently deceased.

Humor can also help us gain perspective and relieve the stress of other major issues we have to deal with like losing our job, being evicted, or being involved in a car accident. Let’s use getting into a car accident as an example. Being involved in a car accident can cause major stress even if no one is injured. You have to call the insurance company, talk to others persons insurance company, find a place to get your car fixed and take it to the shop to get fixed, which can take weeks and can leave without transportation. When we are forced to deal with a situation like this we quickly become overwhelmed with distressing emotions like anxiety, anger, depression and frustration. If we let these emotions start to build up this can cause us to fixate on them and side effects which makes for a very stressful situation. A comedian and writer named Erma Bombeck once said “If you can laugh at it, you can live with it.” When we are in the moment these events don’t seem to be humorous at all instead they make us feel like life is over. But it really isn’t and humor can help us understand that. Being able to find humor in a situation like this not only lets us gain perspective on the event that happens but also helps to relieve the stress of all the distressing emotions this situation caused us.

Humor can also be used to help us deal with are short comings and flaws. We are all human which means all over us have flaws. For example one of my major flaws is being very forgetful. I have lost or misplaced to many items to count from keys to wallets even my laptop. This can lead to many very stressful situation. Like when I can’t find my phone I stress myself out looking all over for it. The longer I go without finding it the more stressed and overwhelmed I get. This is where humor comes in handy. Before I stress myself out to much I have to stop and find the humor in me misplacing my phone for the millionth time. Being able to find humor in it helps to lower my stress levels which in turn can clear out my head and make it easier to find what I’m looking for. It also helps me gain some perspective and realize how much worse things can be; I can always get another phone. Without humor to help relieve the buildup of these distressing emotions, we could turn this minimal problem into a huge problem. Mohandas Gandhi who is known for leading India to independence once said “If I had no sense of humor, I should long ago have committed suicide.” Throughout Gandhi’s life he endured a lot of stressful situations like being imprisoned for two years. Gandhi shares his experience with humor here stating that it if wasn’t for his ability to use humor to gain perspective and relieve the stress he may have taken his life. But instead because he was able to use humor to conquer these distressing emotions and stop them from piling up he was able to continue with life and lead the Indian people to freedom.

Humor’s ability to help us gain perspective and relieve stress of any situation shows that humor is one of the best coping mechanisms we use today. Humor is something we use every day to get through the day and also to get us through the rough patches in are life. Bill Cosby, an award winning comedian, has said "through humor, you can soften some of the worst blows that life delivers. And once you find [laughter](https://www.psychologytoday.com/basics/laughter), no matter how painful your situation might be, you can survive it." So next time you start to feel overwhelmed or stressed out about a situation just try to find the humor in it. It will go a long way.