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How could we get through are everyday lives without humor? Humor helps in many ways. It’s entertains us, comedians make a living on being humorous and making people laugh. Humor also is a very good communication tool it helps us meet new people and interact with others everyone likes the funny guy. Humor also helps us confront/shine a light on major issues like racism, sexism, politics, etc. it helps us say what needs to be said without getting in trouble. Without humor the world would be a very dull place and filled with a lot of angry person. A very popular phrase that sticks out is “laughter is the best medicine.” This phrase refers to humors ability to relieve are stress and make us feel better about any situation. Humor can also help us confront something that makes you feel uncomfortable Humor has an ability to relieve are stress and find happiness in even the most tragic of things is astonishing.

Tragic events happen every day, big and small, and doctors and nurse know that way too well. Having to deal with all these tragic events on an everyday basis can cause a lot of stress. So doctors use humor to help relieve that stress and also to dissociate themselves from the reality of death and tragedy they see every day. People that are surround by tragedy understand well how humor can help cope them cope with this stuff. Even if you’re not around tragedy every day when it does happen it’s hard to focus on anything but the horrible thing that happened. Humor lets us step back and remember the joy in life till and to dissociate yourself with tragic events. 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.” After a tragic event like a family member’s death or a loss of a job it’s hard to not become focused on the tragedy that occurred. But we have to remember that there is always humor the help us deal with the stress of what happened and move on with life.

In are everyday life we deal with negative emotions like anger and anxiety constantly and without a way to relieve the stress caused by those feelings they will just build up one by one and ruin are day fog up are brain. Humor lets us stop thinking about all are negative emotions. Mohandas Gandhi who is known for teaching most of us how to live a peaceful life once said “If I had no sense of humor, I should long ago have committed suicide.” In this quote Gandhi shares his experience with humor. Without humor to help of relive are negative emotions. Those negative emotions would have built up inside him and he wouldn’t have wanted to live with all the stress. Humor keeps you from taking yourself to seriously.

Humor can also help us gain perspective on life. We often stress are selves out over very minimal things like losing your house keys or wallet. When we let these negative emotions of anger and anxiety overwhelm us it turns this minimal problem into a huge one. With humor we can step back and laugh at are self about these little things because it helps us realize how small these problems actually are. One major way we do this is by laughing at ourselves. When you are able to step back from a stress full situation like this and see the humor in it. Helps us realise that actually reality of life and how many bad things can go wrong. It also shows us that like George said live never ceases to be funny. We often forget that when bad stuff starts happing to us. If you can just step back and find the humor in something it will always help you know matter what. When you get really stressed and all these emotions start pilying up it start to make it hard to think clearly. Humor lets us clear away all those feelings and helps us view the situation from another perspective. Humor can also be used to combat fear.