

Carpe Diem – Seize the Day Blog

Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.

This week's Carpe Diem-Seize the Day Blog will focus on moving forward from 2020. A good way to off 2021 is with some humor and with a good laugh.

It turns out that my belief in the power of laughter is supported by research from the Mayo Clinic. The clinic's Healthy Lifestyle website recently posted a segment titled "**Stress Relief from Laughter? It's No Joke.**" The article begins, "When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered." Listed below are the benefits of humor.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter is not just a quick pick-me-up, though. It is also good for you over the long term.

Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.
- Improve your sense of humor - Are you afraid you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

The article concludes by saying, “Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you have had your chuckle, take stock of how you are feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That’s the natural wonder of laughing.”

Whenever I come across humorous quotes or something that makes me smile and even laugh out loud, I save them. For example, memes are always a big hit with me. Over the years I have save a lot of quips, and I would like to share them with you now. I hope these might bring a moment of relaxation (and distraction) from the difficulties that you are currently experiencing.

- “I wanna be 14 again and ruin my life differently. I have new ideas.”
- “If you see me talking to myself, I’m having a staff meeting.”
- “So, it turns out that being an adult is mostly Googling how to do stuff.”
- “I don’t always go the extra mile, but when I do it’s because I missed my exit.”
- “Getting older is just one body part after another saying ‘Ha-Ha, you think that’s bad’? “Watch this.”
- “I don’t need any support; I can do this alone” -said no Do It Yourselfer ever.”
- “Virtually anything is possible” – Sign on a school message board
- “Age is just a number, yeah... and jail is just a room.”
- “Most people don’t think I’m as old as I am until they hear me stand up.”
- “Shout out to old people for graduating high school without Google.”
- Adult Man ordering at McDonald’s”
- Man: A vodka, please
McD: Sir, This is McDonald’s
Man: Ok, a McVodka, please and super-size it.
- “Be yourself. Everyone else is taken.” – Oscar Wilde
- “If you rearrange the letters in ‘Depression,’ you’ll get ‘I pressed on.’ Your current situation is not your final destination.”
- “The buttons on my jeans have started social distancing from each other.”
- “They said a mask and gloves were enough to go to the grocery store. They lied. Everybody else had clothes on.”
- ‘I never thought the comment, ‘I would not touch her/him with a 6-foot pole’ would become a national policy, but here we are.”
- “If a liar’s pants really did catch on fire, the news would be a lot more fun.”
- “All of the kids who’ve been trained in Common Core math are about to learn the technique called ‘Carry the one’ from their new homeschool teacher.”
- “Do not let them take your temperature going into a store! It is a scam! They are erasing your memory. I went for bread and eggs and came home with ice cream and Snickers.”
- “I hate it when I’m singing a song and the artist gets the words wrong.”
- “I can’t believe people’s survival instincts take them to grab toilet paper.”
- “Please make tacos and tequila the cure for Coronavirus.” – Will Farrell
- “Chocolate comes from cocoa which comes out of a tree. That makes it a plant. Therefore, chocolate counts as salad. The End.”

- ‘Being an adult is rushing to use a coupon because it is about to expire. Yet, I don’t need to spend money and buy a bird house with a garage door, but I can save 15%.’ – Mike Wells
- “What a week this year has been.”

I hope that you enjoyed the quips and quotes that I included here. Since “laughter is the best medicine” you owed it to yourself to pause and read them.

Throughout 2021 put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books, magazines, or comedy videos on hand for when you need an added humor boost.

Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

Editor’s Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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