The Joy of LOL

Clowns – you've seen them at birthday parties, movies or tv shows, and I bet they made you laugh. My recollection of them was that they scared me. I was so scared of them that I would stay at least 10 feet away from any clown I saw at a birthday party (Social Distancing eh... nope). Clowns were like a rite of passage as a child, they were there at EVERY birthday party I went to. Ditto for funny movies, jokes and puns, and laughing with our friends – all bring back happy memories. "Citizens of Earth, I regret to inform you that laughter has disappeared from Planet Earth, have a nice day." Yup, that is a scary thought, but that is what may happen if we forget to laugh. What is the importance of laughter you ask?


Let me explain. Covid-19 has locked us inside our homes and has run away with the key. We have been in our homes for more than a hundred days, without meeting our friends, going out for a meal or even taking a walk! So many movies and shows we see these days are sad stories or movies which have action sequences. All the stories we read are thrillers and crime novels. Where in the world did comedy go? It is imperative in these times that we keep laughing. Laughter should become a part of our daily routine. The number of suicides committed during this lockdown because people were sad/in depression is enormous.

What would really help lighten the mood after all I have written, is a joke, to lighten the mood – and that is what we at the Paperless Press are trying to do.

Adults have forgotten how to laugh. Yes, it is true many adults have forgotten how to laugh. Laughter saves lives. "Laughter is the best medicine" everyone has heard that quote, but have you ever really understood its meaning? Laughter has been clinically proven to reduce pain, (Remember laughing gas that you get before a dental procedure!). It has been proven to reduce stress and blood sugar levels. Laughter helps your blood vessels (and you) relax. Laughter is the body's natural relaxation response. It decreases chances of cardiovascular diseases. I'm sure that you have seen senior citizens in your colony laughing repeatedly, standing in a circle.
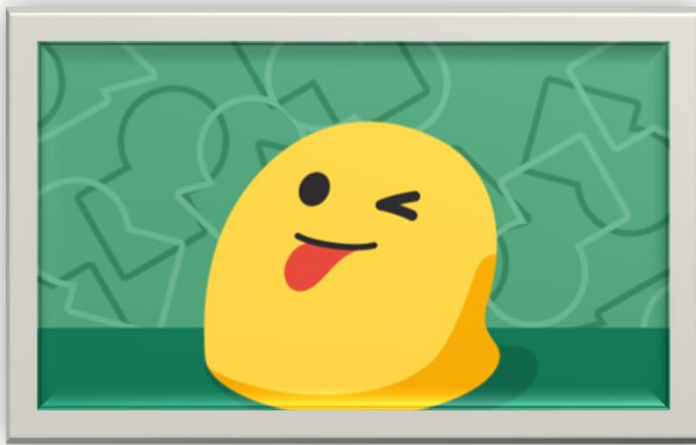
Yes, as funny as it seems it is known as 'Laughter Therapy', and it is clinically proven to reduce stress, blood pressure etc. Whenever you exercise next, remember to add 15 min of laughter to your workout. Please help people laugh every day, whether it is a joke, pun etc even if you just send it as a message. My father and my brother are experts at puns and jokes – they can literally find jokes in every sentence. I wish we could all find the fun and humour I everything around us. Like the song said, "Don't worry, be happy". Every day, when you get up in the morning please remember: Laughter Saves Lives…