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Have a Laugh

By Lorena
Mayora

I believe that laughter is the key to living a good life. Laughter, an expression of happiness, is like the motor oil to an engine. With motor oil, an engine runs smoothly and is able to function properly. I believe that laughing keeps me functioning every day in this world. When I laugh, I forget my problems and just focus on the moment of humor. Laughter helps relax the body and is important to being a healthy individual. Laughter also is a form of communication that helps connect people and strengthen relationships amongst friends and family. For these reasons, laughter is a very important part of my life.

I often look to my four-year-old brother for inspiration on why laughter is important and powerful. Just recently he felt sorry when he accidentally smacked my older brother in the lip. Tears welling, lips trembling, my four-year-old brother started crying at the sight of blood dripping from the busted lip. I really wanted to cheer him up, so I thought making him laugh would be good medicine. I took him outside to help me pour dog food from a large sack into a bowl. I purposely dropped the bag and dog food spilled everywhere! My little brother, startled and amused, started laughing his head off. His face brightened, and the tears, tiny drops of sadness, were a thing of the past. He forgot the reason for his salty tears and was busy giggling at the dog food covering the floor. I believe that laughter could not have made a better difference for my little brother in that one moment.

I believe that laughter should be used as a tool in the same way I used it with my little brother. If I see people who are having a bad day, I don't miss the opportunity to make them laugh and forget their problems for at least one precious moment. Countless times I have heard the phrase, "Thanks. I really needed that laugh." Many times this phrase has also escaped from my mouth. Even though laughing naturally feels good, it has been scientifically proven that laughing relieves stress and makes a person healthier. What more reasons do I need to laugh?

I believe that a laugh a day should be a goal. When stress is overwhelming, I find something to laugh at or someone to laugh with. A crowd with a contagious laughter in which one person gets it started is certainly something to be a part of. I believe that when I am old, I'd rather have fine lines and wrinkles from laughing instead of stress. Even when stress is not a problem, it doesn't hurt to laugh. My brother and I know the power of laughter. When things aren't looking too bright and you are searching for the silver lining, just remember, have a laugh.