Humor

Who doesn’t like to laugh? Even in our darkest hours, a simple joke can inspire a smile on our face and offer us a bit of happiness. Laughing is a symptom of happiness, so it reveals a moment of happiness. Very simply, we like to be around the people who make us laugh. It distracts us from the problems that trouble us. Just a simple chuckle can focus our mind on the happier things in life. It releases stress, and in addition, it puts us in a state of temporary happiness. While it may be impossible to scientifically prove that laughter is good for the spirit, laughter is certainly good for us physically. In short, laughter is good for the mind, body, and soul.

I surf the web in pursuit of laughter. One of my favorite comedians is Conan O’Brien. I love to watch past episodes of his show, just because I know that every time I do, I end up laughing my head off. Of course, every time I feel the need for a little humor, I go back to the same site. It makes my day. Lately, I have been returning to the episode where Conan makes fun of the recent movie, *Captain America.* I know that I have already seen it countless times, but I still view it simply because it makes me smile. I find that even by smiling, I can improve my mood even the slightest bit. That is why I continue to go back to the same episode over and over: it makes me smile and the humor never gets old. Similarly, there is another well-known website I visit to satiate my hunger for good humor. Since there are so many videos on *YouTube,* it is easy to find humor there. I have dedicated many hours of my life looking through as many videos as I could. My goal? Find something funny. And I do.

Recently, I discovered one of the most humorous videos ever. It’s an eight-second video that shows a beat-boxing chipmunk. Of course, it’s not a real video. Some would argue that it is outrageous for me to spend my time watching random videos that do not make sense, yet that is what makes it funny. By taking a video of a chipmunk and splicing it with the sound of someone beat-boxing, it creates a reality that could never exist in real life. Many people find this funny, including me. So, the next time you are feeling down, or are just up for a good laugh, you should check out that video.

Even though anyone can become friends for just about any reason, we often pick the ones who make us laugh to be our friends. Since laughing makes us happy, we are not going to want to be around a complete downer all of the time. No, we want to be close to the people who make us laugh. It’s true. One very good friend of mine is an obnoxious person who yells a lot. So why is he my friend? He’s hysterical. He might be over the top, but the crazy stuff he says and does is funny. Think about your friends and why you are friends with them. I bet they make you laugh. Friends are people who can pick us back up when we are feeling bad, and one of the ways they do this is through laughter. That is what makes us feel better, and that is why we consider them to be our friends. In many situations, friendship is born through humor. They are two things that come hand in hand with each other.

In conclusion, since laughing makes us happy, everyone loves to laugh. Often, we like to relive the things we find funny over and over again because they give us that much enjoyment. Sometimes, not everyone will understand the humor that we like, simply because it makes little sense. Humor does not have to make sense. Humor can be just about whatever we want it to be, depending on what we find funny. It can also come from anywhere. It could be an image, it could be use of words, or it could be a sound. We love to be close to the people or things that make us laugh. There is no one who does not want to get enjoyment out of his or her life. We look to humor for that enjoyment.