

Opening Thoughts

We have all heard the phrase “Laughter is the Best Medicine” and *Reader’s Digest Magazine* has had a humor section titled this in its publication for as long as I can remember. In fact, I remember my Dad reading it out loud to my mom when I was about 5.

As I was thinking about laughter and humor, and what I was going to talk about today, I decided to see if I could find out more about the origins of that phrase. I went on line and found the magazine column has been in existence for over 100 years. There are numerous ideas where the term “Laughter is the Best Medicine” came from. One of these ideas is from Proverbs in Bible, in a slightly different form. The thought of laughter making one feel better goes back centuries in time.

When we come together humor can play an important role in our relationships with others. Humor can help us overcome awkward moments and help in getting past conflicts that might arise. We all enjoy a well told joke or pun and the laughter it brings, but unfortunately as we age, we laugh less than when we are young. According to a Gallup survey by the age of 23 the rate of laughter decreases greatly. The average 4 year old will laugh up to 300 times a day, while the average 40 year old will laugh only about 3 times during that period. It is sad that we lose that early sense of joy and the laughter it brings.

Did you know that laughter and humor are extremely beneficial in our relationships with those around us. How we feel and how happy we are often will depend on our connections with others. Laughing with others helps us become closer. Having a sense of humor helps us overcome difficult situations, and to take disappointments in stride. Sometimes a tense situation can be defused by a well-timed joke.

When I married my husband Bob at the age of 60, when our personalities were well pretty set, one of the things that attracted me to him was his sense of humor and how he enjoyed making people at ease and feel included using humor and laughter. He enjoys kidding around with people. He views each day with positive outlook and we are always able to resolve most disagreements with laughter. I admire this gift he has. I am working to be more like him.

How can we make laughter and humor more important in our relationships?

In my readings I found few ideas I wanted to share with you. They came from an article I read by Erin Eatough.

1. Don't take yourself too seriously. Try a bit of humor instead. It is some time alright to laugh at ourselves.
2. Share funny stories, photos and quotes with others. Smile and laugh with others.
3. Use humor to defuse conflicts. Conflicts among friends are never fun. Instead of letting a disagreement pull you into a dark place, use some humor to lighten the mood and lessen the tension. Humor can move us towards a more positive state of mind.

Humor is not a miracle cure in our relationships and during conflicts, but it can be an important tool to help us navigate the pot holes on this bumpy road of life. We need to:

Live Every Moment
Laugh Every Day
Love Beyond words

As we "Step Into the Future" together in Alpha Delta Kappa.

Reconvening Thought

If you are like me, you are probably coming back this afternoon, with mixed emotions after listening to some sobering thoughts and information on the very sad topic of Human Trafficking.

It is important for us focus positively, however, on how we have we have had a morning that has allowed us to renew connections with our Southern Sisters. We have strengthened old friendships while listening to our sisters' thoughts, concerns and stories while enjoying their lovely hospitality. This afternoon we will continue to :

Live Every Moment

Laugh Every Day

Love Beyond Words

Closing Thoughts

Now before we adjourn today so that we leave on a positive I would like you to say one unusual, but true, word to describe yourself and explain why it fits.

ME: **Rescuer** Because I am quick to try to solve a problem....sometimes to quick.