

Laughter ✨

I keep hearing from people, with a roll of their eyes... or worry throwing a shadow over their faces, that the world is crazy right now.

So I just wanted to say, it's important to find time to laugh, and to make *time* to laugh if we can't *find* it.

Because someone said, and now I've heard it multiple times that: "It's hard to worry and laugh at the same time."

Think about that for a second. "*It's hard to worry and laugh at the same time.*"

Let that sink in a bit. Whoever said that is a genius!

And guess what, I'm sure you won't think think this is a stretch but laughter. improves our immune system! I'm serious. About laughing. (laughs) There've been studies! They said it can be also be good for pain relief, and cardiovascular health too.

Look it up! 😊☁️

Here's the thing — when we laugh.... when we *immerse* ourselves in laughter, worries seem to fade away.

And hey, You can always pick those worries up later.

Laughing is...it's like a magical potion that lifts our spirits, and it brings a sense of lightness to our hearts. 😊🌟

So we gotta lean into those cool moments when something strikes our funny bone, when we giggle, when we burst into uncontrollable laughter — even better,

It can be anywhere, when we're with family, friends, work, though preferably not at our bosses while they're trying to be taken seriously — heheh, with the barista at our favorite coffee shop, even when we're all by ourselves! 😂🤔

Laughter is not just a sound; it's a feeling - a celebration of a moment, of being alive, of enjoying a bit of life's fun.

It can help us break free from the chains of worry and remind us that life is meant to be enjoyed. 🎉🌟

So, let's embrace the power of laughter, spread joy, and let worries take a backseat for a while.

And I gotta say I think everyone is more attractive when they're smiling. Maybe that's just me.

What if, what if, *what if*, we created a world where laughter echoes in every corner, and worries are left behind?

