Sometimes laughing isn't something you do for fun. Sometimes it's a relief when you have nowhere to run. Laughter is some of the best natural medicine that we have available to us in this world. Laughter is shown to have tremendous healing effects along with and compared to other forms of medicine. Laughter allows for us to be relieved from the stress of any situation that we may be experiencing because it allows for us to step back, see the situation for everything that it really is so that we may best determine how to handle it, and grow from it.
Sometimes laughing just isn't what we do for fun. It is what we turn to help deal with certain situations that arise in our lives. Laughter is something that can be done at anytime, whether to break the ice, or to break the negative in any situation just enough to be able to further break it up with more ease. Laugh more, smile, and remember that laughing is essential in being able to overcome many trying situations in your life.

Source: TheCybugle.
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