

♥ Snippets of Encouragement #153

Hello darlings

It is day 153 of Snippets of Encouragement, and I'm sure that you know that laughter is the best medicine.

I mean who doesn't know this, and yet we tend to forget. So today, I want to encourage you and remind you to laugh.

Laugh so darn hard that it actually hurts. That is one of the best feelings in the world. It seems to clear out the lungs and pains diaphragm. In fact, after a really good laugh it can feel like you've had quite a hard workout.

For me that's one of the best feelings in the world and after my day today, I've decided I really need to spend more time laughing.

I find that laughter puts things in perspective. It reminds us that we're in a divine comedy where there is only one outcome and if that doesn't make us laugh, then I don't know what will.



I wasn't feeling well today and I won't disgust you with details, but I lay on the sofa thinking my day could go one of two ways. I could lie there feeling as if I'm slowly dying (I'm not, but self-pity is sometimes a great ally of drama) or I could have a joyful day.

I chose the latter so I watched hysterical YouTube videos and laughed until my sides ached.

I realised that we laugh for many reasons - because we find things funny, when we're nervous, when dealing with trauma or illness. I remembered that in some of the darkest moments of my life my black humour has kicked in and helped me deal quite successfully with great pain and trauma.

Laughter really is one of the great blessings of life and often in our seriousness we tend to forget this.

While I'm not feeling 100% fit and it will take a few days for my malaise to pass, I do feel 1000 times better because of all the laughter.

Give yourself a break from whatever you're doing and laugh. It lightens the load and brings joy to the soul.



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