

This I Believe

“Laugh the virus in the face!”

“Humour can be one of our best survival tools.” Allen Klein said that, and I think, he’s right. Humour is one of our best tools for surviving, maybe even the best. I know AND see humour just as the ability to understand and make jokes, but there is so much more. Humour can change our attitude to life, it can sometimes even change other people’s life – to the better, of course. I believe that a little sense of humour can make a difference, it can help people to escape from hopeless situations, it makes hard things easier to talk about, and it is important for you to succeed in life.

I know everyone knows a situation where he or she had problems talking to friends or family about serious and bad things. It is just too hard, because every sentence, every word reminds you of that and you feel like it is impossible to talk about, it’s just too emotional. But I believe that a little bit of humour can help. You need to make jokes and laugh about it and you’ll see that it’ll be a lot easier to talk. You can just tell a person by trying to take it less seriously and laugh, it will make it easier for you and the other person or persons as well. But most important, it is easier for you. Laughing sends our brain a signal. A signal to be happy now and our body will react like this. It will act like a happy person and this has an impact on you. It makes you happier. You can just outsmart yourself. It is like the funny person in a movie, the only person who makes jokes when everyone is about to die. For the viewers, it is very funny and mostly they start to laugh, because they just like the way, the character has humour in hopeless situations and can still do sarcastic comments while fighting for humanity.

But I often see humour not as a part of a character but as an attitude to life. I think it is a conscious or unconscious decision you make. And therefore I think you can train humour, because an attitude is something, you can change. It may be easier for some people than for others to be funny and optimistic because some people are like this. I am pretty sure everyone knows at least one person that seem to be always happy and optimistic. I am sure, everyone can achieve this, it is not that hard to do so. All you need to do is trying to be funny instead of mad or angry. Every time you get angry or mad because of something, all you need to do is smile and make others laugh while communicating your point to others. You do not need to shout at them or stop talking to them to show others that you think, what they

do or did is not okay. Most people will understand it that way, but it will be funnier and easier for everyone. For example, if you play games with your friend or family and you are about to lose, stop getting angry or devastated, try instead to laugh about it and make jokes of bad you are in this game and how good the others are. If you find the right way to say this in a funny way once, you will find it most of the time. All you need to do is laugh.

Laughing is very important for your life and it can help you in many different situations. But I think, humour is very often connected to optimism. And this is something, you will need your whole life. Optimism is important to succeed. Just try to imagine two persons coming in a room. They don't know anybody in there and they don't know each other. Everyone is a stranger to them. The one person enters the room shambling, with a neutral face, stares at the floor and is trying to keep the distance. While the other person is entering the room with light feet, a broad smile in the face and looks at everyone, smiles at them and is trying to do not hide behind something but to be friendly and talk to some of the new people. I think, I don't need to ask which one you would rather like, because it is obvious. We like people with an optimistic and friendly aura.

I believe that humour should be everyone's attitude for life because it would make it easier for everyone. A little humour in a crisis can help us get through hard times. I think, humour is what we need now, in this situation with the worldwide pandemic. Just a little bit of laughing and joking and you feel better. I am sure, all we need in this situation is laugh the virus in the face.