

















Sir Thomas Sydenham:
“The arrival of a good
clown exercises a
more beneficial
influence upon the
health of a town
than of twenty asses
laden with drugs.”













Aldous Huxley:
“The secret of
genius is to
carry the spirit
of the child
into old age.”



Jimmy
Buffett: “I’m
growing older
but not up!”



George Burns:
“You don’t stop
laughing because
you grow old. You
grow old because
you stop
laughing.”





Benefits of Laughter:



Pain
management



Stress
management



Immune
system boost



Social
bonding



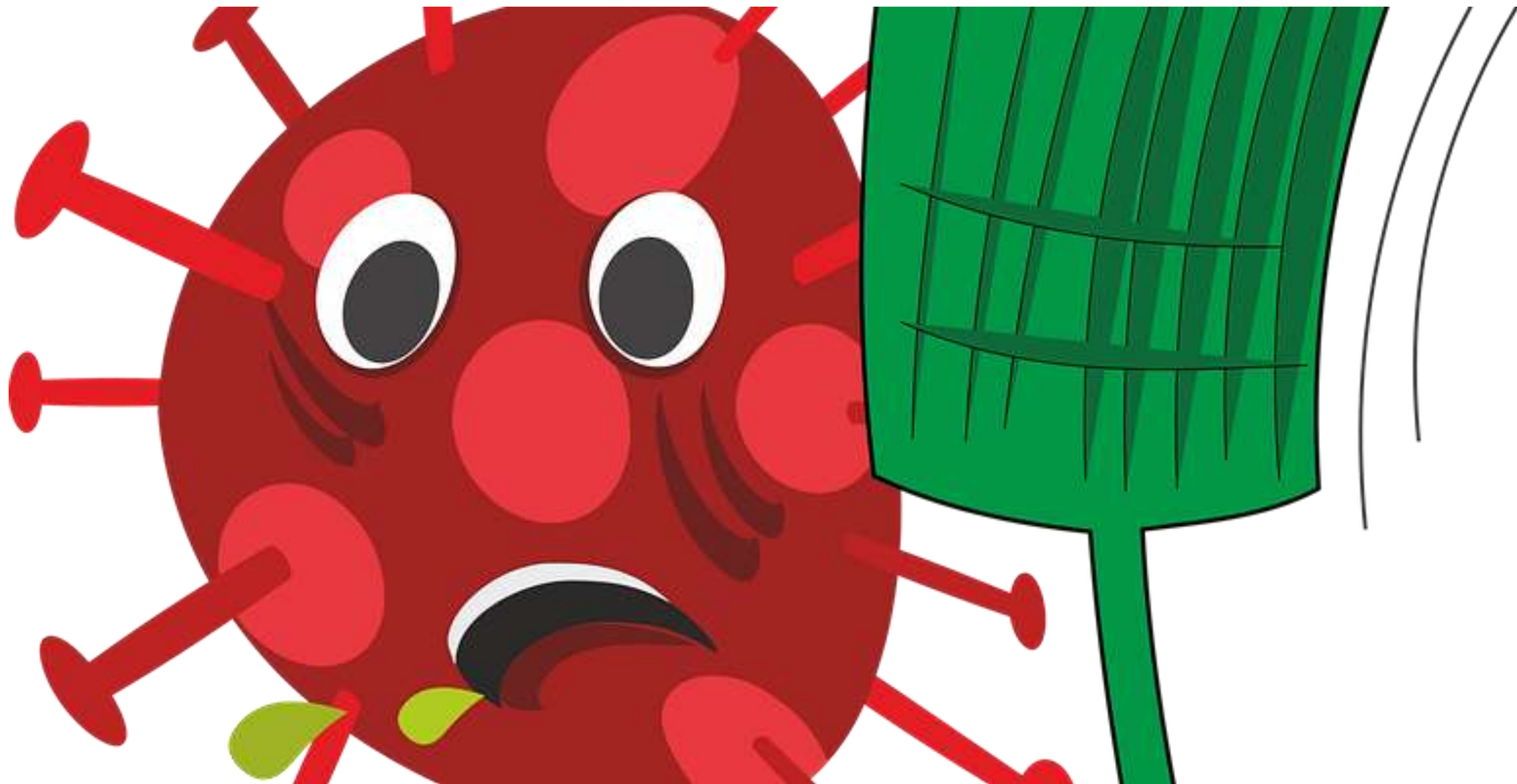
Muscle
workout



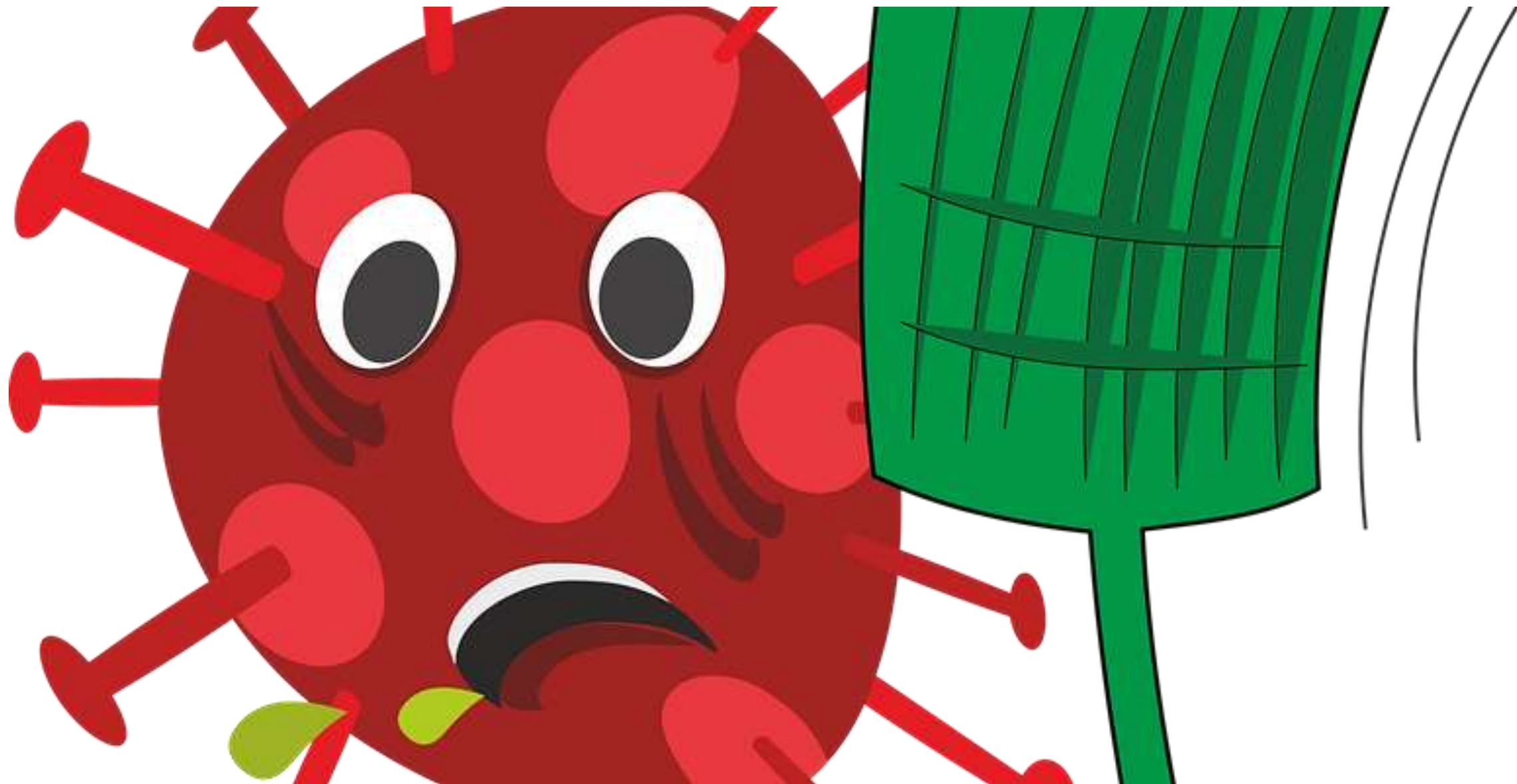
Aerobic
workout





















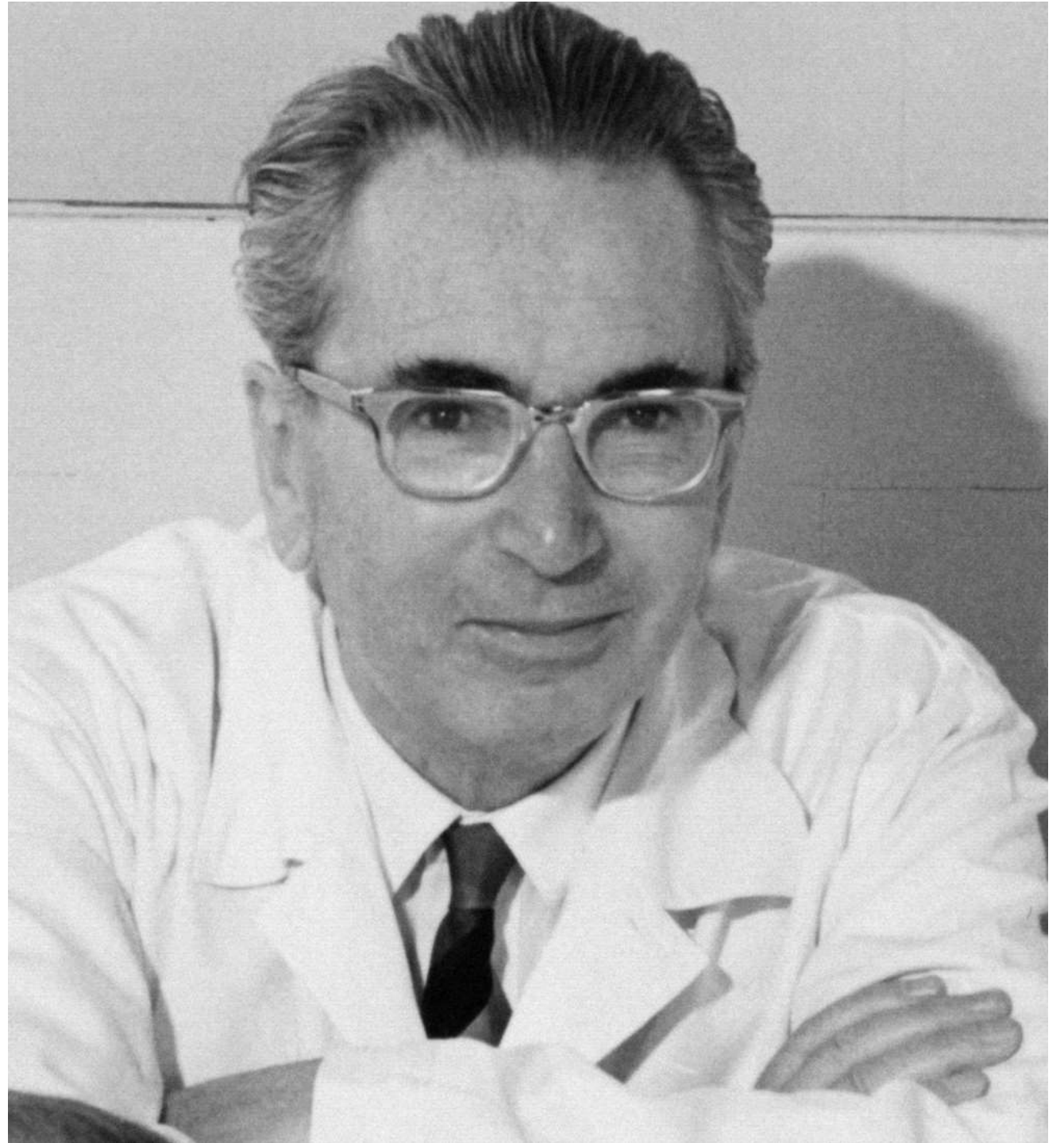
President Dwight D. Eisenhower: “A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”



Mel Brooks:
“Life literally
abounds in
comedy if you
just look
around you.”



Dr. Viktor Frankl: “I never would have made it if I could not have laughed. It lifted me momentarily out of this horrible situation, just enough to make it livable.”



What has
made you
laugh
during the
pandemic?

Zoom Gaffes

Song Parodies

Memes

Toilet Paper Jokes

Late Night TV
Hosts

Remote Schooling

Silly Masks

Marijuana Shops
and Liquor Stores
– Essential
Businesses

Other







Mother Teresa:
“We shall never
know all the good
that a simple
smile can do.”









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