

Parish Nurse corner

JULY 2026 | VOLUME VI



Laugh for the Health of It!

Seventeen years ago, after attending a seminar on humor given by Lynda A. Markut, L.S.W., I wrote an article (with Lynda's permission) on laughter, based on her writings. Due to the stressful moments we are now living in and through, I believe Lynda's words seem most appropriate, and hopefully, enlightening, to express again.

There are many times throughout our life that we find ourselves **HUMOR IMPAIRED**. We fail to laugh at life. We start to take things very seriously, we're too busy to laugh, we have too much to think about. We think of what we have to do with the rest of our lives. That is when we start to suffer from **SERIOSITY**.

If we continue without laughter for a period of time this could lead to **DELIGHT DEFICIENCY DISORDER**. This happens when we are so busy that we don't have time to smile, chuckle or chortle.

There are times when we have to face sad or difficult situations. It is normal to be sad at those times. Unfortunately, some people don't allow themselves a break from the sadness and/or tragedy in life. It is said that laughter and sadness are back-to-back. The first sign of laughter after sadness or tragedy indicates we are beginning to heal. Humor helps us deal with life.

Remember this: If you can control your laugh, you can control your life. Most of us go to our grave with our music still inside of us — let this not be you!

It is my hope and prayer that you always have laughter for company along life's path.

God's Blessing,

Peggy Taylor, RN, Parish Nurse

