

Tell jokes



- A wife says to her husband, “I’ve lost five pounds.” He replies, “Oh, you finally got all your makeup off?”
- A wife sees her husband standing on the bathroom scales, sucking in his stomach. She says, “That won’t help.” He replies, “Sure it will; otherwise I can’t read the numbers.”
- Did you hear about the agnostic that was dyslexic? He didn’t believe there was such a thing as a dog.

Admit it. You feel better.

Not yet?

- Neil Armstrong was the first man on the moon. Neil A. spelled backwards is Alien. Anyone else freaked out right now?!?!
- When you really want to slap someone, do it and say, “Mosquito!”

Now do you feel better?

According to healthguide.org, laughter has many benefits

Physical Health Benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Tell jokes for your own good and to benefit others.

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