

Forum:[Hack Forums](#)

Thread: [Benefits of laughter ~ Do you laugh?](#)

B3A - April 10, 2023, 12:01 am

Mondays 1/3 Lounge Discussion

How about the benefits of laughter and how it can improve our overall well-being and mental health?

Laughter is a powerful tool that can help us relieve stress, boost our mood, and even strengthen our relationships with others. Plus, it's a lot of fun! ?

Do you laugh everyday?

Do you laugh enough?

Do you have a joke to tell me to make laugh before I reply to you?

ALEDIO - April 10, 2023, 12:07 am

(Apr 10, 2023 12:01 AM)Be?? Wrote: [\[CITE\]](#) Mondays 1/3 Lounge Discussion

How about the benefits of laughter and how it can improve our overall well-being and mental health?

Laughter is a powerful tool that can help us relieve stress, boost our mood, and even strengthen our relationships with others. Plus, it's a lot of fun! ?

Do you laugh everyday?

Do you laugh enough?

Do you have a joke to tell me to make laugh before I reply to you?

I use laughter a lot, in any uncomfortable situation and not laughing helps me keep control of myself and always be calm and calm. I use the skill of knowing how to laugh a lot to be able to prevail in an argument for example, this makes the person we are clashing with understand that he is in control of everything that happens. If used well, knowing how to laugh can be a great tool. It helps me a lot, I'm curious to see the opinions of others.

B3A - April 10, 2023, 12:10 am

(Apr 10, 2023 12:07 AM)ALEDIO Wrote: [\[CITE\]](#) I use laughter a lot, in any uncomfortable situation and not laughing helps me keep control of myself and always be calm and calm. I use the skill of knowing how to laugh a lot to be able to prevail in an argument for example, this makes the person we are clashing with understand that he is in control of everything that happens. If used well, knowing how to laugh can be a great tool. It helps me a lot, I'm curious to see the opinions of others. Gimme your best joke ^_^

Also good job on keeping the level of your replis HQ. Youre going for the head for sure.

ALEDIO - April 10, 2023, 12:14 am

(Apr 10, 2023 12:10 AM)Be?? Wrote: [\[CITE\]](#) Gimme your best joke ^_^

Also good job on keeping the level of your replis HQ. Youre going for the head for sure.

I have to admit that I don't know a joke in English so right now I wouldn't be able to tell you, in my

mother tongue I really know a lot but you know. Thanks also for the compliment, in fact I always try to keep the quality of everything I say high also because I'm a lover of literature and I would feel rather empty to make such short and not very meaningful answers.

B3A - April 10, 2023, 12:16 am

(Apr 10, 2023 12:14 AM)ALEDIO Wrote: [\[CITE\]](#) I have to admit that I don't know a joke in English so right now I wouldn't be able to tell you, in my mother tongue I really know a lot but you know. Thanks also for the compliment, in fact I always try to keep the quality of everything I say high also because I'm a lover of literature and I would feel rather empty to make such short and not very meaningful answers.

Then gimme one in your language and then try translating it.
?

DashPHP - April 10, 2023, 2:11 am

Laughing is important imo, I love cracking jokes with my friends. I do it all the time!

B3A - April 10, 2023, 2:56 am

(Apr 10, 2023 02:11 AM)DashPHP Wrote: [\[CITE\]](#) Laughing is important imo, I love cracking jokes with my friends. I do it all the time!

Gimme your best one ?

DashPHP - April 10, 2023, 3:04 am

(Apr 10, 2023 02:56 AM)Be?? Wrote: [\[CITE\]](#) Gimme your best one ?

Ahh bro, my jokes are funny in the moment haha. I can't spin up a joke like a comedian, but I can make a joke on an action or something jaha

B3A - April 10, 2023, 3:05 am

(Apr 10, 2023 03:04 AM)DashPHP Wrote: [\[CITE\]](#) Ahh bro, my jokes are funny in the moment haha. I can't spin up a joke like a comedian, but I can make a joke on an action or something jaha

I guess you mean your jokes aren't funny atm? Why is that ._.

Give me a joke that made you laugh recently then. ?

DashPHP - April 10, 2023, 3:06 am

(Apr 10, 2023 03:05 AM)Be?? Wrote: [\[CITE\]](#) I guess you mean your jokes aren't funny atm? Why is that ._.

Give me a joke that made you laugh recently then. ?

Putting me on the spot here ;(

B3A - April 10, 2023, 3:06 am

(Apr 10, 2023 03:06 AM)DashPHP Wrote: [\[CITE\]](#) Putting me on the spot here ;(

Cant accept no joke made you laugh recently sorry ?

Pathy32 - April 10, 2023, 10:28 am

If I didn't learn to laugh and make fun of my situation I'd of blown the brains out of the back of my skull a long time ago. If you can't laugh then life is pointless.

B3A - April 10, 2023, 10:34 am

(Apr 10, 2023 10:28 AM)Pathy32 Wrote: [\[CITE\]](#) If I didn't learn to laugh and make fun of my situation I'd of blown the brains out of the back of my skull a long time ago. If you can't laugh then life is pointless.

Hit me with a joke then please ?

Pathy32 - April 10, 2023, 11:16 am

(Apr 10, 2023 10:34 AM)Be?? Wrote: [\[CITE\]](#) Hit me with a joke then please ?
What genre of joke?

Sfire5460 - April 10, 2023, 11:23 am

I do not laugh everyday simply because I only laugh during certain circumstances which do not happen daily. I feel like I laugh enough but it's only when I'm with my friends. I cannot make a joke that would make you laugh because I have situational humor :(

metheslayer4 - April 10, 2023, 12:29 pm

I do try to laugh every day, even if it's just at some silly memes or a funny video. It's such an easy way to lift my spirits and keep a positive outlook on life. I think we all could use more laughter in our lives, especially when life gets too serious or stressful.

B3A - April 10, 2023, 1:39 pm

(Apr 10, 2023 11:16 AM)Pathy32 Wrote: [\[CITE\]](#) What genre of joke?
The ones you like ?

qazzzzaq - April 10, 2023, 7:37 pm

Yes, laughter has many benefits! It's important to make time for humor in our daily lives, whether through jokes or funny videos. ?

Grim - April 10, 2023, 10:15 pm

Do you laugh everyday? yes
Do you laugh enough? i think so
Do you have a joke to tell me to make laugh before I reply to you? no :(

Neil - April 10, 2023, 10:16 pm

Honestly, I love to laugh. I live life laughing.

I'm known to make jokes, take serious situations, and crack jokes during high-tension moments. I like to ease the tension / calm people down in that regard. Or I just get annoyed.

More or less though, I'm always smiling or laughing. It's actually a running joke with some close friends of mine about how much i'm actually smiling lol

CrimsonLanternfly - April 10, 2023, 10:21 pm

I laugh at my own dad jokes constantly. I'm still dead inside, but when I tell a solid dad joke, I can see the life draining out of everyone else's eyes around me as well.

Artisan - April 11, 2023, 2:08 pm

Do you laugh everyday?
Yeah. Im a funny guy. I like making people smile and laugh.
Do you laugh enough?
I think I get enough of it. Not too much though. Read somewhere that laughing too much hardens the "heart".
Do you have a joke to tell me to make laugh before I reply to you?
Not at the moment but I come by the convo regularly to have humorous conversations so that should count.

Yanix - April 11, 2023, 7:42 pm

I laugh almost everyday specially when I am with my family.

?ystem - April 11, 2023, 9:27 pm

At least once a day, every day, and I thoroughly enjoy returning the favor in kind.

oRequiem - April 11, 2023, 9:30 pm

Do you laugh everyday? Yes, mostly because of watching videos.

Do you laugh enough? I would think so.

Do you have a joke to tell me to make laugh before I reply to you? I can't think of anything.

YungPancake - April 12, 2023, 4:27 am

I mostly just let out short bursts of air from my nose.

B3A - April 12, 2023, 2:09 pm

(Apr 12, 2023 04:27 AM)YungPancake Wrote: [\[CITE\]](#) I mostly just let out short bursts of air from my nose.

So no actual laughing ? You never find something funny enough? ?

Eran - April 12, 2023, 3:57 pm

I believe there are benefits but I can't remember the last time I've GENUINELY laughed tbh.

B3A - April 12, 2023, 4:09 pm

(Apr 12, 2023 03:57 PM)Eran Wrote: [\[CITE\]](#) I believe there are benefits but I can't remember the last time I've GENUINELY laughed tbh.

Just like everyone else, i have to ask you to throw me a joke ?

Eran - April 12, 2023, 4:11 pm

(Apr 12, 2023 04:09 PM)Be?? Wrote: [\[CITE\]](#) Just like everyone else, i have to ask you to throw me a joke ?

Ask me tomorrow, almost asleep now ?

arqangel - April 14, 2023, 11:10 am

Laughter is essential to life. It relieves stress and improves your mood. You should always find a way to get a good laugh everyday.

B3A - April 14, 2023, 11:36 am

(Apr 14, 2023 11:10 AM)arqangel Wrote: [\[CITE\]](#) Laughter is essential to life. It relieves stress and improves your mood. You should always find a way to get a good laugh everyday.

And its about time for you to give me a joke mate

arqangel - April 14, 2023, 2:59 pm

My girlfriend is very kinky. So I try to do something crazy to surprise her each time we have sex. Last night. I dipped my balls in glitter which caught her by surprise when she pulled my pants off. She thought it was pretty nuts.

B3A - April 14, 2023, 3:13 pm

(Apr 14, 2023 02:59 PM)arqangel Wrote: [\[CITE\]](#) My girlfriend is very kinky. So I try to do something crazy to surprise her each time we have sex. Last night. I dipped my balls in glitter which caught her by surprise when she pulled my pants off. She thought it was pretty nuts.

1:12 AM.

Rofled.

You earned my respects, joke pretty nuts.

zuii - April 15, 2023, 1:31 pm

I laugh wayyyyyy to much

B3A - April 15, 2023, 5:28 pm

(Apr 15, 2023 01:31 PM)zuii Wrote: [\[CITE\]](#) I laugh wayyyyy to much
Be a little more productive when you're replying tho.
Like, mind telling me a joke??

Pootje - May 13, 2023, 9:52 am

Yes, i do laugh every single day.

Prodigy - May 13, 2023, 10:53 am

I've heard laughing is healthy. Not sure if it's possible.

Vibe - May 13, 2023, 10:54 am

I laugh a lot and try to make others as well. Laughter is a good feeling

DashPHP - May 13, 2023, 10:54 am

Yeah some content on social media do be lit. ;p

Deany - May 13, 2023, 11:04 am

No laughing, just crying when Stanley takes my bytes.

DashPHP - May 13, 2023, 11:24 am

(May 13, 2023 10:56 AM)-Scrub Wrote: [\[CITE\]](#) I laugh at the uk teeth
What you meaaann Ladd ?? The air you breathin makin you dudu ??

DashPHP - May 13, 2023, 11:29 am

(May 13, 2023 11:26 AM)-Scrub Wrote: [\[CITE\]](#) Y'all were born with wooden teeth that rot out.
You lots were born with degradable teeth, show us a smile they ent no where to be seen ????

Vip?r - May 13, 2023, 11:57 am

laugh = happy = good
sad = bad = can get sick
laugh is good
thanks for coming to my ted talk

Hungry4Knowledge - May 13, 2023, 12:00 pm

Me and my partner share the same sense of humour, therefore we laugh a lot.
I also watch a lot of stand-up comedy.....tend to like comedians who go hardcore, nothing is taboo,
especially if a joke is not politically correct.

And here is a joke for you:

How do you embarrass an archaeologist? Give him a used tampon and ask him which period it came from!

cowmilk2169 - May 13, 2023, 12:36 pm

obviously I laugh, are you silly

diablospartan - May 14, 2023, 1:49 am

Well laughter will help you a lot
I learn also that its good for trauma also ,boost serotonin in the body and many other benefits

Black0ut - May 14, 2023, 3:40 am

I laugh alot, tho alot of them at work are forced. And I can't seem to almost feel the difference. to

many fake ones make my mouth hurt but eh gotta laugh at the boss his jokes right.. ugh

Prettykitty - *May 14, 2023, 11:22 pm*

Laugh randomly sometimes, being the weirdly spontaneous person that I am. Usually laugh when I see something funny. It improves mood.

MrStepan - *May 15, 2023, 11:56 am*

I laugh quite often to the point where my abs hurt (especially after a workout)

Baywatch88 - *May 19, 2023, 4:23 am*

I laugh everyday, helps a lot!

ChronoBiff - *August 3, 2023, 5:13 pm*

"Your levity is good, it relieves tension and the fear of death." ~ Arnold Schwarzenegger in T3 Rize of the Machines