



Quarantine Humor

Let's laugh, shall we!



Dr. Amit Sood, chairman of the Mind-Body Medicine Initiative at Mayo Clinic has this to say about laughter:

“Research shows laughter provides a good physical workout, generates mental relaxation, lowers blood pressure and pain, and even improves *immunity*.”

He added, “You’re thirty times more likely to laugh in good company than alone. Further, the more you laugh with others rather than at someone, the greater the health benefit.”

So laugh it up! There is so much humor in the weird circumstances we find ourselves in! Laugh with a friend on Zoom. Laugh with your family. Laugh with your pet. Laugh! It might just save your life.

With that in mind, I’m sharing some Corona jokes with you for a light touch. I hope you’ll find some of these funny enough to laugh out loud!

During self isolation...Dogs: "Oh My god, you're here all day and this is the best! I can love you, see you, be with you and follow you! I am so excited because you are the greatest and I love you being here so much! Cats: "What the hell are you still doing here?"



This quarantine has me realizing why my dog gets so excited about something moving outside, going for walks or car rides, I think I just barked at a squirrel.

This is your pilot speaking. I'm working from home.

My house got toilet papered last night. It's now appraised at \$875,000.00

Chuck Norris has been exposed to the Coronavirus. The virus is now in quarantine for a month.

Homeschooling day 3. They all graduated. DONE!

The Coronavirus has achieved what no female has every been able to achieve. It has cancelled sports, closed all bars and kept all guys at home!

I sneezed in the bank today, it was the most attention I have received from the staff in the last 10 years.

Does anyone know how long toilet paper will last if you freeze it?

Day 15 of quarantine. Preparing to take out the garbage. So excited can't decide what to wear!

Saw my neighbor Tammy out early this morning scraping the "My kid is a terrific student!" sign off her minivan. Guess that means home schooling at her house isn't going so well.

Definition of irony: When the year of the rat starts with a plague.

Quarantine Diary:

Day 1: Stocked up on enough non-essential perishables, paper products and food supplies to last for months. I can remain in isolation

as long as I need to. I can ride out the pandemic comfortably. Day 1 + 45 minutes: In the supermarket. Needed a chocolate fix.

This just in: After much research by the world's top scientists, we now know with certainty who is behind the Corona virus. Charmin Ultra Soft Toilet Paper.



:)

The best part of laughter - it's so contagious!

**As always, I hope you are well and wish you the best as you navigate through uncharted territories:
Quarantine, 2020.**

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