

# *Is It OK to Laugh During Dark Times?*

Humor is one of the main coping mechanisms during periods of sickness, death and anxiety. Is it OK to make jokes in a pandemic?



Credit...Anthony Freda

**By Jeremy Engle**

It is often said that “laughter is the best medicine.” Do you find this to be true in your own experience? What role do laughter and humor play in your life during these difficult times?

Do you ever see coronavirus-related jokes on social media? Do you ever find them funny? Or do you think they are offensive or “too soon”? Do you think any topics should ever be off limits in comedy?

- Is it OK to joke during dark times? When is it inappropriate, and when is it not? Should any topics be off limits in humor and comedy?
- Do you ever laugh at coronavirus-related jokes or memes? Are any inappropriate or offensive to you? Are you drawn to “dark” humor? If yes, why?
- What role do laughter and humor play in your life? Is humor a coping mechanism for you?
- What can we learn about the role of humor during the Black Plague, the Holocaust and Sept. 11? What does laughter tell us about what it is to be human?
- What makes you laugh these days? What are your go-to sources for comedy? What are your favorite comedic movies, television shows and websites? Do you have a favorite comedian?