

# The Joke's On Stress

When we laugh, stress hormones are reduced, endorphins and T-cells are boosted, and we can get a good abdominal workout when we have a good belly laugh. These lighthearted jokes are great for a good laugh and can create a positive, fun atmosphere for a group laugh session!

Why don't skeletons fight each other? **They don't have the guts!**

I told my wife she was drawing her eyebrows too high. **She looked surprised!**

What do you call fake spaghetti? **An impasta!**

I'm reading a book on anti-gravity. **It's impossible to put down!**

Why did the man put his money in a blender? **Because he needed some liquid assets!**

What did one plate say to the other plate? **Lunch is on me!**

Why do cows wear bells? **Because their horns don't work!**

I can't believe I got fired from the calendar factory. **All I did was take a day off!**

What do you get when you cross a snowman and a vampire? **Frostbite!**

Why did the golfer bring two pairs of pants? **In case he got a hole in one!**

Why don't eggs tell jokes? **Because they might crack up!**

I have a fear of speed bumps. **But I'm slowly getting over it!**

What do you call cheese that isn't yours? **Nacho cheese!**

Why don't oysters share their pearls? **Because they're a little shellfish!**

What did one wall say to the other wall? **I'll meet you at the corner!**

What did one traffic light say to the other? **Stop looking at me, I'm changing.**

Do you want to hear a construction joke? **Sorry, I'm still working on it.**

I saw a movie about how ships are put together. **It was riveting.**

What do you call a parade of rabbits hopping backwards? **A receding hare-line.**

Why did the cowboy get a wiener dog? **He wanted to get a long little doggie.**

Why did the bullet end up losing his job? **He got fired.**

Want to hear a roof joke? **The first one's on the house.**

