20 Ways to Maintain A Healthy Level Of Insanity

- At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars to see if they slow down.

- Page yourself over the intercom. Don't disguise your voice.

- Every time someone asks you to do something, ask if they want fries with that.

- Put your garbage can on your desk and label it, "In."

- Put decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.

- In the memo field of all your checks, write "For sexual favors"

- Finish all your sentences with "in accordance with the prophecy."

- Don’t use any punctuation

- As often as possible, skip rather than walk.

- Ask people what gender they are; laugh hysterically after they answer.

- Specify that your drive-through order is "To Go."

- Sing along at the opera.

- Go to a poetry recital and ask why the poems don't rhyme.

- Put mosquito netting around your work area and play tropical sounds all day.

- Five days in advance, tell your friends you can't attend their party because you're not in the mood.

- Have your co-workers address you by your wrestling name: "Rock Hard".

- When the money comes out the ATM, scream, "I Won! I Won!"

- When leaving the zoo, start running towards the parking lot, yelling "Run for your lives, they're loose!"

- Tell your children over dinner, "Due to the economy, we are going to have to let one of you go."

- Send this to someone to make them smile. It's called therapy